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PASTRY-MAKING AND  
CONFECTIONERY





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# FANCY CAKES



Cakes and Gâteaux showing various styles of Icing and Decoration.



# PASTRY-MAKING AND CONFECTIONERY

Including  
THE ART OF  
ICING AND PIPING  
Also Cakes, Buns, Fancy Biscuits,  
Sweetmeats, etc.

BY  
EMILE HÉRISSE  
AND  
C. HERMAN SENN

*With over 60 Illustrations*

WARD, LOCK & CO., LIMITED  
LONDON AND MELBOURNE

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## PREFACE

QUITE recently, especially among housewives and also among pastry-cooks and confectioners, and indeed all amateurs or professors of the culinary art who have to do with the department comprehensively included under the generic name of "Sweets," there has arisen a demand for a cheap and reliable book, giving plain recipes for making French and English pastry, cakes, and sweetmeats. This demand the present volume will be found to supply.

The basis of this book has been carefully and clearly translated by the author from his French edition, and the minuteness and accuracy with which the recipes are drawn up will be found to render them perfectly intelligible to every reader.

The newest and best recipes have been chosen. These, moreover, have been thoroughly tested and practically used by the author during his more than twenty years' practice in Paris and London as a leading pastry-cook and confectioner.

Besides the newer recipes, the author has taken care to include all the standard formulas that have real practical value, omitting, on the other hand, those that have become obsolete ; and he ventures to assert that, owing to the care given to the compilation of the recipes, the cook, whether amateur or professional, will be enabled to produce the most dainty and palatable pastry, cakes, fancy biscuits or sweetmeats at the smallest possible outlay, for economy in materials—

while still ensuring the best results—has been one of the first aims of the author.

To this new and revised edition many new recipes have been contributed by Mr. C. H. Senn, O.B.E., and, in addition, an expert cake decorator has contributed a most instructive chapter dealing with the art of Icing and Piping, accompanied by a set of extremely helpful illustrations.

THE EDITOR.

6 CHANCERY LANE,  
LONDON, W.C.2.

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## CHAPTER I

### PASTRY-MAKING

THE quality especially to be desired in pastry is lightness, and this depends almost entirely upon the amount of cold air in the pastry when expansion takes place in the oven. The best pastry is therefore that which contains the greatest quantity of the coldest air prior to baking. The repeated foldings and rollings to which puff-pastry is subjected have this increase of air in view. The difference between puff, or flaky and short-crust is that in the former there are thin layers of air and pastry alternating, and in the latter the air fills small cavities all over the paste.

### PUFF-PASTRY

This usually consists of flour and butter in equal proportions. Fine starchy flour makes the lightest pastry, the larger proportion of gluten in household flour—although exceedingly valuable from a dietetic point of view—tends to make pastry tough. Flour should always be stored in a cool, dry place. By sieving it before use, air is introduced, and if there are any lumps these may be rubbed out, with the result that the pastry will be lighter. When baking-powder is used it should be sieved with the flour, as this ensures its even distribution.

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The amount of liquid required to moisten a given quantity of flour varies within narrow limits, but it may be approximately stated as being  $\frac{1}{2}$  to that of the flour. As a rule, 1 lb. of flour will need about  $\frac{1}{2}$  pint of water, but allowance must be made for the addition of eggs, or when the fat has been reduced to a semi-liquid condition by undue friction, or prolonged contact with hot hands. The consistency of the butter determines the amount of water to be added to puff-pastry ; when the butter is soft the pastry must be equally so, otherwise it is impossible to keep the layers separate, and thus the paste is deprived of some of its flakiness. Rich short-crust is lighter and more crumbly when made very stiff, but unless plain short-crust is sufficiently moistened it is hard and tough. Lemon-juice, like other acids, tends to make pastry lighter.

### SELF-RAISING FLOUR

Self-raising flour can be used for making all kinds of pastry, including cakes and scones, and puddings, when ordinary flour forms part of the ingredients. In any of the recipes where flour is mentioned, self-raising flour can be used, but no other raising agent, such as baking-powder, bicarbonate of soda or cream of tartar, should be used, because good self-raising flour replaces all these.

### BUTTER AND FAT

The butter used for making pastry should be good and sweet, for nothing imparts its own unpleasant flavour to everything it comes in contact with more decidedly than inferior butter. Salt butter is not objectionable, if before being used it is well washed, and afterwards squeezed in a floured cloth to free it from moisture. Rancid butter may have some of its

disagreeable flavour removed by kneading it first in new milk and afterwards in water. For ordinary pastry clarified fat may be recommended in preference to lard or dripping, for it is entirely free from the fatty taste which characterizes the purest home-made lard, while that bought ready prepared is frequently adulterated, and, moreover, has occasionally a strong, unpleasant taste. The objectionable characteristic flavour of dripping may be in some measure removed by creaming it, that is beating it with a knife on a plate, and raising it well with every movement of the hand, so as to subject every part to the purifying influence of the atmosphere. Of late years so many improvements have been introduced into the manufacture of margarine and other butter substitutes that almost an expert is required to tell the difference, and if a mixture of half butter and half margarine is used, there are few who could tell that it was not made with the best butter ; and a good sweet margarine is to be preferred to a bad or indifferent butter.

## MANIPULATION

The fat should be lightly, but very thoroughly, rubbed in with the tips of the fingers, never with the palms of the hands. The water should be added gradually, but quickly, to prevent hard lumps being formed, and to keep the consistence of the whole mass uniform. A knife should always be used for mixing, it being so much cooler than the hand. Some little practice is necessary to acquire the light, firm, even pressure and dexterous movements upon which success so largely depends. Pastry should never be rolled backwards and forwards, but in short forward rolls, lifting the rolling-pin between the rolls. Puff-pastry should never be rolled off the edges, as this may force out some of the air ; it is better to thin the edges by a little pressure.

## PUFF-PASTRY

Puff-pastry is allowed to stand between the turns in order that the butter may harden, and thus keep the layers of paste and butter separate. Pastry to which baking-powder has been added, or in which self-raising flour has been used, should be put into the oven as speedily as possible, otherwise some of the effect of the baking-powder, or self-raising flour, is wasted, its action beginning immediately the pastry is moistened.

## BAKING

All kinds of pastry should be baked in a moderately hot oven, for a high temperature is necessary to expand the air or gas, and thus make the pastry light, and also to burst the covering of the starch grains in the flour, thereby enabling these to absorb the fat immediately it melts. Unless the heat is sufficiently great to act upon the flour in this manner, the melted fat runs out and leaves the paste less rich, and also, probably, both heavy and tough. An oven with a good bottom heat is desirable for baking tarts and tartlets; when heated from above it is advisable to bake, or partially bake, the tarts before filling them.

## PASTRY, TO GLAZE

Meat pies, patties, sausage-rolls, and similar articles are usually brushed over with well-beaten egg before or during, the process of baking: when a deeper tone of colour is desired the yolk alone is used. Or, when economy is a point, and the white can be otherwise utilized, a little milk may be added to the yolk of egg when a larger quantity than is afforded by 1 yolk is required. Fruit tarts, puffs, etc., are usually brushed lightly over with cold water, and sprinkled liberally with castor sugar before baking. Or, when a thin coating of icing is desired, they are, when nearly baked, brushed over with well-beaten white of egg, and well dredged with castor sugar.

## CREAMING BUTTER AND SUGAR, OR YOLK OF EGGS AND SUGAR

Butter and sugar are pressed by means of a wooden spoon against the sides of a basin until the friction has softened the butter, and the ingredients are then stirred vigorously, keeping the bowl of the spoon constantly pressed against the sides or bottom of the basin, not alternately raised and lowered as in beating. In cold weather the butter may first be slightly warmed, but it must not be allowed to melt. Yolks of eggs and sugar are simply stirred together until thick and creamy.

## TO WHIP CREAM

Put the cream into a cold basin, and stand in a cool place whilst whipping it. Use an ordinary wire whisk for the purpose, whip gently until the cream begins to thicken, then a little more quickly. In warm weather cream quickly turns to butter if overwhipped: should this occur, continue the whipping to make the conversion complete, and use the butter for cookery purposes. When the whipped cream is not intended for immediate use, let it drain on a hair sieve in a cool place until required.

## TO WHISK WHITES OF EGGS

In separating the whites from the yolks, great care must be taken not to let the least portion of the yolks get into the whites, otherwise it will be impossible to whisk the whites firm. Put the whites in a clean, dry and cool egg-bowl or shallow basin, and keep cool until wanted. Add a pinch of salt, and whisk with an ordinary wire whisk which must be clean and perfectly dry. Increase the pace until it forms a substantial, mossy froth.



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### ICING

Very pretty results can be obtained by the use of icing tubes or cones, which may be purchased at any ironmonger's. Make an ordinary conical sugar bag of paper, place an icing tube at the bottom, and fill the bag with icing sugar. Then tear away the paper covering the point of the tube and squeeze the sugar through.

### PASTRY, CRUST, ETC.

#### BRIOCHE PASTE, INEXPENSIVE

Take 1 lb. of flour, 1 oz. of yeast, 8 oz. of best butter, 1 teaspoonful of salt, 1 dessertspoonful of sugar, 2 eggs, and a little milk.

Mix, and finish in the same way as for Brioche Paste, Rich.

#### BRIOCHE PASTE, HOUSEHOLD

Take 1 lb. of flour, 1 oz. of yeast, 4 oz. of butter, 3 oz. of castor sugar, 2 eggs, 4 oz. of sultanas (cleaned), 1 pint of warm milk, and a little water.

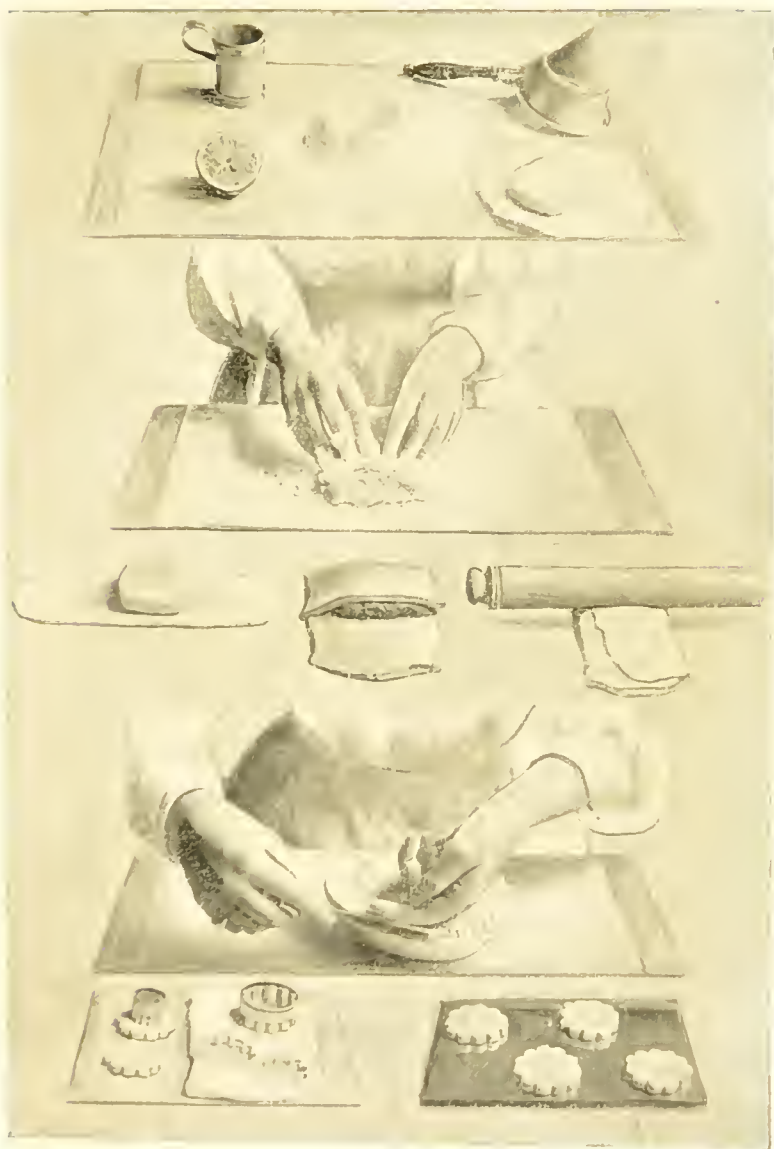
Mix, and finish in the same way as for ordinary Currant Buns.

#### BRIOCHE PASTE, RICH

Take 1 lb. of flour, 1 lb. of best butter, 1 teaspoonful of salt, 2 teaspoonfuls of castor sugar, 3 or 4 eggs, and  $\frac{1}{2}$  oz. of yeast.

Sift the flour on the pastry board, then take a quarter of the flour, make a hole in the centre, and pour in the yeast dissolved with a little warm water. Mix up into a dough—not too stiff, and not too soft—mould into a round ball, and mark it across with a knife four times each way, so as to form diamonds on the top. Then put it into a warm place to rise to twice the size. Take the remainder of the flour, make a hole in the

## HOW TO MAKE PASTRY



Sieve the flour, add water, and mix with the fingers ; roll out and place the butter in the centre ; fold the ends over, making an envelope for the butter ; roll out ; method of flaking edge of pies ; method of cutting out tartlets or bouchées ; tartlets or bouchées for baking.

## BOUCHÉES AND PATTIES



1. Oyster Patties. 2. Cornish Pasties. 3. Meat Patties or Bouchées.



centre, and put in the melted butter, salt, sugar, and eggs. Mix into a dough by adding the eggs, 1 at a time. Knead the dough, as when making bread, for a quarter of an hour. When perfectly smooth and binding, add the sponge to it, and mix well together, until it is smooth again. Put the dough into a basin, and let it stand in a warm place until next morning. During the interval it should be beaten down twice, in order to prevent its rising too much—the dough should always be made in the evening to be used next morning. Flour the paste board and put the brioche paste on it. Mould with the hand into round balls, put them on greased tins, place a smaller round on the top (about a third the size of the ball), brush them over with beaten egg, and notch them round the sides with the point of a knife. Bake in a hot oven.

These are called in French *Brioches à tête*—brioches with heads.

#### BUTTER CRUST (For Boiled Puddings)

Take 1 lb. of flour, 6 oz. of butter and  $\frac{1}{2}$  pint of water.

With a knife mix the flour to a smooth paste, adding the water gradually. Roll out thinly, place the butter over it in small pieces, dredge lightly with flour, and fold the paste over. Roll out again, and use as required.

#### CASSOLETTE PASTE

Take 6 oz. flour,  $1\frac{1}{2}$  oz. butter, 1 egg, a little water, 1 teaspoonful of lemon-juice, and a pinch of salt.

Put the flour in a basin, add the salt, and rub in the butter until quite smooth. Then moisten with the egg, the lemon-juice, and a very little water. Mix the whole thoroughly, and work into a smooth but stiff paste. Use for lining of small 'cassolette, timbale or zephyre moulds.

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### CHOUX PASTE

Take 4 oz. of fine flour, 4 oz. of butter, 2 oz. of sugar, 2 eggs,  $\frac{1}{2}$  pint of water, salt, and a little vanilla essence or other flavouring.

Put the water, butter, sugar, and a good pinch of salt into a stewpan, and when boiling add the flour, previously well dried and sieved, and stir and cook gently for about 6 minutes. Let it cool a little, then beat in the eggs one at a time, add a few drops of the flavouring ingredient, and use as required.

### CHOUX PASTE, RICH, FOR SWEET DISHES

Take  $\frac{1}{2}$  lb. of the best flour,  $\frac{1}{2}$  lb. of butter, 1 pint of fresh milk, a pinch of salt, 3 oz. of castor sugar, 4 eggs, and a little orange-flower water.

Put the butter, salt, sugar, and milk into a saucepan over a gentle fire. When it rises to the top of the pan, add the sifted flour. Stir over the fire until the paste is smooth and dry, and will not adhere to the sides of the saucepan, taking great care that the paste does not burn. Take it off the fire, and keep stirring it. Next break the eggs, adding them 2 at a time to the paste. Keep the paste a medium thickness—not too soft, yet not too stiff—and, if necessary, add 1 more egg. If the paste is too stiff, it will not rise properly, and if too soft, will make flat “puffs.” Put the paste in a forcing-bag, drop in small balls on greased iron baking-tins, brush them over with beaten egg, and bake in a moderate oven. After they are baked, let them get cold, then fill them with whipped cream.

The French name for these is *Choux à la Crème*.

### DRIPPING CRUST (For Plain Pies and Puddings)

Take 1 lb. of flour, 6 oz. of clarified dripping, and  $\frac{1}{2}$  pint of water.

With a knife mix the flour to a smooth paste, adding the water gradually. Roll the paste out thinly, place

$\frac{1}{3}$  of the dripping over it in small pieces, and fold over. Repeat this process twice, using  $\frac{1}{3}$  of fat each time, and use as required.

### DUCHESS PASTE

Take 1 pint of cream, 2 oz. of castor sugar,  $\frac{1}{4}$  lb. of butter, 1 teaspoonful of orange-flower water, a pinch of salt, flour, and 2 or 3 eggs.

Put the cream, sugar, butter, orange-flower water, and salt in a stewpan, and when at the boiling-point stir in enough sifted flour to form a dry paste, and work over the fire till the flour is cooked. When a little cool add the eggs.

### FLAKY PASTE (For Pies, Tarts and Tartlets)

Take 12 oz. of flour, 9 oz. of butter (or butter and lard mixed), and about  $\frac{1}{4}$  pint of water.

Sieve the flour into a basin, and rub in lightly  $\frac{1}{3}$  of the butter. Add the water and mix into a smooth paste, more or less moist, according to the consistency of the butter, with which it must agree in this respect; roll it out into a long, narrow strip. Divide the remainder of the butter into 3 equal portions; put 1 portion on the paste in small pieces, dredge lightly with flour, fold it evenly in 3, turn it round so as to have the folded edges to the right and left when rolling, press the edges lightly with the rolling-pin, to prevent the air escaping, and roll out as before. Repeat this process with the other portions of butter. The pastry may be used at once, but it will be lighter if allowed to stand for 1 hour in a cool place before being used. In making up, handle as lightly, and roll as evenly, as possible. Bake in a hot oven, and avoid opening the oven door until the pastry has risen and become partially baked.

### FLEAD CRUST

Take 1 lb. of flour,  $\frac{1}{2}$  lb. of flead (the leaf or pork from which lard is made), 1 teaspoonful of baking-

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powder,  $\frac{1}{4}$  of a teaspoonful of salt, and  $\frac{1}{2}$  pint of cold water.

Remove any skin there may be, and slice the flead into thin flakes, and mix it with the flour on the paste board. Roll it lightly with the rolling-pin. Place in a basin, add the baking-powder, salt, and sufficient cold water to form a fairly stiff paste. Roll out and use for meat pies, etc.

### FRENCH CRUST OR PÂTE BRISEE

Take 1 lb. of flour, 6 oz. of butter, 2 eggs,  $\frac{1}{2}$  saltspoonful of salt, and about  $\frac{1}{2}$  pint of water.

Sieve the flour, add the salt, rub the butter lightly in, and mix into a smooth paste with the eggs and water, adding the latter gradually as the paste must be very firm.

### FRENCH PUFF-PASTE (Founded on M. Ude's Recipe) (For Tartlets, Patties, Vols-au-Vent, etc.)

Take 1 lb. of good butter, 1 lb. of flour, the yolks of 2 eggs,  $\frac{1}{2}$  saltspoonful of salt, and about  $\frac{1}{4}$  pint of water.

Remove as much moisture as possible from the butter by squeezing it well in a dry cloth. Put 2 oz. aside, form the remainder into a ball, and keep in a cool place. Sieve the flour, rub in the 2 oz. of butter, add the salt, and moisten with the yolks of eggs and water, adding the latter gradually until the right consistency is obtained. Knead quickly and lightly until smooth, then roll out to the thickness of about  $\frac{1}{2}$  inch. Enfold the ball of butter in the paste, press lightly with the rolling-pin until the butter is flattened, and afterwards roll out as thinly as possible without allowing the butter to break through. Fold the paste in 3, roll out thinly as before, again fold in 3, and put it aside. Except in very hot weather, the paste will become sufficiently cool and firm in about 20 minutes, when it should be rolled out twice, and again put aside

in a cold place for about 20 minutes before receiving its fifth and sixth *turns*. After the sixth turn the paste is ready for use, and may be converted into tartlets, patties, etc., particulars of which will be found under respective headings.

### GENOESE PASTE

Take 3 oz. of fine flour, 4 oz. of castor sugar, 2 oz. of butter, and 3 eggs.

Dry and sieve the flour, separate the whites of the eggs from the yolks, to the latter add the sugar, work vigorously until it has a thick creamy appearance, then stir in the butter melted. Whisk the whites to a stiff froth, stir in the flour, then mix lightly, but thoroughly, with the contents of the other basin. Pour the mixture into a papered buttered tin, and bake in a moderately hot oven.

### GENOESE PASTRY (Another Method)

Take 3 oz. of fine flour, 3 oz. of butter, 4 oz. of castor sugar, and 3 eggs.

Break the eggs into a basin, add the sugar, place the basin over a saucepan of boiling water and whisk until lukewarm. Now remove the basin and continue the whisking until the mixture becomes thick and creamy, then add the butter melted, and stir in the previously-sifted flour as lightly as possible. Have ready a well-buttered papered tin, pour in the mixture, and bake in a moderately hot oven.

### HOT-WATER CRUST

Take 1 lb. of flour, 1 gill of milk and 4 oz. of lard.

Sift the flour, put the milk and lard into a small stewpan, and heat up. Mix a small quantity of water with this, and work into the flour to produce a firm but smooth paste. Use the paste for lining and covering for raised pies, pork or game.



## LONG, OR TRIANGULAR PASTRY

Take  $\frac{1}{2}$  lb. of best flour, 4 oz. of butter, a pinch of salt, 3 or 4 eggs, and 1 teaspoonful of baking-powder.

Sift the flour on the paste board, make a hole in the centre, and put in the salt and 2 eggs. Mix up into dough, adding the remaining eggs by degrees, and working the dough in the same manner as "Brioche" dough (*see* page 16). When it is perfectly smooth and binding, add the baking-powder, and mix thoroughly. Put the paste into an earthenware pan, and let it stand in a cool place for 2 hours. Roll it out on the paste board to the thickness of 1 inch, cut into strips or bands about 2 inches wide by 3 inches long, and place the strips on floured tins. Boil sufficient water in a saucepan, and, as soon as the water boils, remove from the fire. Put in the strips or bands, stir the water gently until they float to the top, take them out with the skimmer, and put them in fresh water until next morning. Then put them on a hair sieve to drain for 20 minutes. Arrange them on a square baking-tin, about 2 feet long by 18 inches wide, with a cover. Bake in a hot oven for 20 minutes.

## MADELEINE PASTE

Take 1 lb. of flour,  $\frac{1}{2}$  lb. of butter, 1 lb. of castor sugar, 1 teaspoonful of orange-flower water, the juice and rind of  $\frac{1}{2}$  a lemon, and 5 or 6 eggs.

Sift the flour and put it with the sugar and butter (previously oiled) in a stewpan; add the orange-flower water, lemon-juice, and the lemon-rind finely chopped. Work in the yolks of eggs; beat the whites stiffly and incorporate with the mixture.

## NEAPOLITAN PASTE

Take 10 oz. of flour, 8 oz. of castor sugar, 4 oz. of butter, 6 oz. of sweet almonds, 1 oz. of bitter almonds,

the yolks of 3 or 4 eggs, the finely-grated rind of 1 lemon and a good pinch of salt.

Blanch and pound the almonds to a smooth paste, moistening from time to time with a little cold water to prevent them oiling. Add the flour, sugar, butter, lemon-rind, and salt, and stir in the yolks of eggs. Work into a smooth paste, put aside in a cool place for about  $1\frac{1}{2}$  hours, then roll out rather thinly, and cut into squares or rounds. Bake about  $\frac{1}{2}$  hour in a moderate oven.

### NOUILLE PASTE

Take 1 lb. of flour,  $1\frac{1}{2}$  oz. of butter, 2 small whole or 3 yolks of eggs, a pinch of salt, and a little milk or water, if found necessary.

Sift the flour on to the pastry slab, make a well in the centre. Add the salt, eggs, and butter. Mix thoroughly and knead to a stiff but elastic paste; a little milk or water should be added with the eggs. Great care must, however, be taken not to make the paste too soft. This paste requires at least 15 minutes' kneading. Divide into pieces, roll out very thinly, and use as directed.

### PASTE FOR BORDERS

Take  $\frac{1}{2}$  lb. of best flour, sifted, on the paste board, make a well in the centre, add  $\frac{3}{4}$  lb. of castor sugar and the whites of 3 eggs.

Mix up into a stiff paste. Give it 2 or 3 turns, by working it well until it is perfectly smooth and binding. Roll out, to the thickness of  $\frac{1}{4}$  inch. Place the cut-out borders on paper, and put in an oven to dry.

### PASTE (OR SHORT-CRUST) (For Fruit Pie Crust, or Tartlets)

Take 1 lb. of flour, 8 oz. of butter, 1 teaspoonful of salt, 1 dessertspoonful of castor sugar, and about  $\frac{1}{2}$  pint of water.

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Sift the flour on the paste board, rub in the butter, then add the sugar, salt, and water. Mix well together into a stiff paste, knead, and roll out to the required size.

### PASTE, RICH (For Covering Fruit Tarts)

Take 1 lb. of flour,  $\frac{1}{2}$  lb. of butter, 1 teaspoonful of salt, about  $\frac{1}{2}$  pint of milk, and 1 dessertspoonful of castor sugar.

Rub in the butter with the flour, add the sugar, salt, and milk, and make it into a paste of moderate consistency. Knead. Roll out to the size, and use as required for tart or pie crust.

### ANOTHER PASTE, WITH LARD

Take 1 lb. of flour, 8 oz. of best lard, 1 teaspoonful of salt, and about  $\frac{1}{2}$  pint of water.

Mix, and finish in the same way as for the preceding paste.

### PASTE FOR RAISED PIES

Take 1 lb. of flour, 6 oz. of lard,  $\frac{1}{4}$  pint of water, and  $\frac{1}{2}$  teaspoonful of salt.

Put the flour and salt into a warm basin, and let it stand near the fire until it feels dry and warm. Boil the lard and water for 5 minutes, then pour the mixture into the centre of the flour, and mix well with a spoon until cool enough to knead with the hands. Knead well, keeping it warm during the process, let it remain near the fire for about 1 hour, then re-knead and use at once.

Throughout the processes of mixing, kneading and moulding, the paste must be kept warm, otherwise moulding will be extremely difficult. On the other hand, if the paste be too warm, it will be so soft and pliable that it cannot retain its shape, or support its own weight. Fine flour is not to be recommended for this purpose, for it is deficient in gluten, a sticky



tenacious substance which greatly increases the adhesive properties of the paste, and so makes it easier to mould.

### PASTE (to Keep)

Paste not intended for immediate use should be enfolded in grease-proof or slightly buttered paper, and kept in a cool place.

### PASTE, TRANSPARENT (For certain Pies)

Take 1 lb. of flour (dry and sifted),  $\frac{3}{4}$  lb. of butter, and 1 egg.

Wash the butter in 2 or 3 waters, and afterwards remove as much moisture as possible by means of a dry cloth. Melt the butter over a gentle fire, let it remain until nearly cold, then stir in the flour and egg. Knead lightly until smooth, roll out very thinly, and use as required.

### PASTRY ROSES, HOW TO MAKE

Roll out very thinly some *nouvelle paste*, cut it into square pieces of even size. Place 3 or 4 pieces, well flavoured, on top of each other, shape it into a pear-like form, cut the top crossways 3 or 4 times with a sharp knife, open the leaves so that it resembles a rose. Continue to prepare the remainder of paste in the same way, and plunge the roses into hot fat. Fry a golden colour, drain and use as part garnish for Bouquetière-styled dishes. Roses for meat pies are made in the same style, using short-crust or puff-paste.

### PÂTE D'OFFICE (a Useful Paste for Lining Tartlets, etc.)

Take  $\frac{1}{2}$  lb. of flour, 3 oz. of sugar (castor), 1 oz. of butter, 1 small egg, 1 teaspoonful of chopped lemon-rind and a pinch of salt.

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Mix and work the above ingredients in the usual way ; if too dry, moisten with a little milk. Knead well and use as required.

### POTATO PASTE (For Tart Crusts and certain Pastry)

Take 1 lb. of dry floury potato, 1 lb. of flour, 2 oz. each of lard and dripping, 1 egg, a little warm milk, 1 good teaspoonful of baking-powder, and a good pinch of salt.

Bake enough potatoes (in their skins) to yield 1 lb. of potato, which mash smoothly or pass through a sieve. Rub the lard and dripping lightly into the flour, add the potato, baking-powder and salt, and stir in the egg and enough milk to form a smooth paste. Roll out to about 1 inch in thickness, cut into rounds or squares, place in a greased tin, and bake in a moderate oven, turning 2 or 3 times during the process, that both sides may be equally browned. Split, butter liberally, and serve at once.

### POTATO PASTE, GERMAN

(To serve with Game or Poultry)

Take 2 lb. of HOT potatoes, 2 oz. of butter, 2 eggs, grated Parmesan cheese, egg and breadcrumbs, and frying fat.

Pass the hot potatoes quickly through a sieve, or mash them smoothly. Stir in the butter and eggs, spread smoothly on a dish, making the layer about  $\frac{3}{4}$  inch in thickness, and, when cold, cut it into rounds or squares. Coat carefully with egg and breadcrumbs mixed more or less liberally with cheese, according to taste, and fry in hot fat until nicely browned.

### PUFF-PASTE (For Pies, Tarts and Tartlets, Bouchées, etc.)

Take 1 lb. of flour, 1 lb. of butter, 1 teaspoonful of lemon-juice, and about  $\frac{1}{2}$  pint of cold water.

Wash and squeeze the butter in cold water, dry well

in a floured cloth, shape into a square about the size of a slice of sandwich bread, and keep in a cool place while the paste is being prepared. Sieve the flour on to a marble slab, or board, make a well in the centre, put in the lemon-juice, and add water gradually until a smooth paste is formed. The condition of the butter determines the consistency; when soft, the paste must be equally so. Knead the paste until smooth, then roll it out into a strip a little wider than the butter, and rather more than twice its length. Place the butter on one  $\frac{1}{2}$  of the paste, fold the other  $\frac{1}{2}$  over, enclosing the butter entirely, and press the edges together with the rolling-pin. Let it remain in a cool place for about 15 minutes, then roll out to about 3 times the original length, but keeping the width the same, and fold exactly in 3. Turn the paste round so that the folded edges are on the right and left, roll and fold again, and put aside for 15 minutes. Repeat this until the paste has been rolled out 6 times. The rolling should be done as evenly as possible, and the paste kept in a long narrow shape which, when folded, forms a square. Each time the paste is rolled out it may be well sprinkled with flour, but it must be evenly distributed with a paste-brush, and all the loose flour carefully brushed off before beginning to roll. When the paste has had its 6th roll it is ready for use; it should be baked in a hot oven, and until the paste has risen and become partially baked, the oven door should not be opened, because a current of cold air may cause the flakes to collapse on one side.

#### PUFF-PASTE, ROUGH, OR HALF-PUFF-PASTE (For Pies, Tarts and Tartlets)

Take 8 oz. of flour, 6 oz. of butter (or equal quantities of butter and lard),  $\frac{1}{2}$  teaspoonful of lemon-juice, salt, and about  $\frac{1}{4}$  pint of water.

Sieve the flour on to a paste board, divide the butter into pieces about the size of a small walnut and mix

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them lightly with the flour. Make a well in the centre, put in the lemon-juice, salt, and 1 tablespoonful of water, mix lightly, keeping the pieces of butter intact, and add water gradually, until a moderately stiff paste is formed. Roll into a long strip, fold it equally in 3, turn it round so as to have the folded edges to the right and left, and roll out as before. Repeat until the paste has been rolled out 4 times, then use; or, if convenient, let it remain for 1 hour in a cool place before being used.

### SHORT-CRUST (For Pies, Tarts, etc.)

Take 8 oz. of flour, 2 oz. of butter, 2 oz. of lard, 1 yolk of egg, 1 teaspoonful of baking-powder, a good pinch of salt, and about  $\frac{1}{8}$  pint of water.

Rub the butter and lard lightly into the flour, add the baking-powder, salt, yolk of egg, and sufficient water to form a stiff paste. Roll out to the required thickness and use at once

### SHORT-CRUST, PLAIN (For Pies, Tarts, etc.)

Take  $\frac{1}{2}$  lb. of flour, 3 oz. of lard, clarified fat or dripping, 1 teaspoonful of baking-powder (heaped),  $\frac{1}{4}$  teaspoonful of salt, and  $\frac{1}{4}$  pint of water.

Pass the flour, salt and baking-powder through a sieve into a large basin, then rub in the fat, add the water, and work into a smooth paste with a knife. Roll out to desired shape and thickness, and use at once. When required for fruit tarts, 1 tablespoonful of sugar should be added to the above ingredients.

### SHORT-CRUST, RICH (For Pies, Tarts, etc.)

Take 1 lb. of flour,  $\frac{3}{4}$  lb. of butter, 2 yolks of eggs, 1 level tablespoonful of castor sugar, and 1 teaspoonful of baking-powder.

Rub the butter lightly into the flour, add the baking-powder, sugar, yolks of eggs, and a little water if necessary, but this paste must be rather stiff, and when

the butter is soft, or the paste is being mixed in a warm place, only a few drops of water may be required. Roll out thinly and use at once. The crust for fruit tarts should be lightly brushed over with cold water, and dredged with castor sugar before being baked.

#### SUET CRUST (For Meat Pudding, Fruit Pudding, Jam Roly-poly, Suet Pudding, etc.)

Take 12 oz. of flour, 6 oz. of suet, 1 teaspoonful of baking-powder,  $\frac{1}{4}$  teaspoonful of salt, and  $\frac{1}{3}$  pint of water.

Chop the suet finely with a little of the flour, mix it with the other dry ingredients, and add water to form a moderately stiff paste. Roll out and use at once.

#### SUET CRUST, RICH (For Puddings, etc.)

Take 8 oz. of flour, 3 oz. of breadcrumbs, 6 oz. of suet, 1 heaped teaspoonful of baking-powder,  $\frac{1}{4}$  teaspoonful of salt, and about  $\frac{1}{3}$  pint of water.

Free the suet from skin, shred and chop it finely. Mix well together the flour, breadcrumbs, suet, salt and baking-powder, and add water to form a paste soft enough to roll out easily, but not sufficiently moist to stick to the board and rolling-pin. This paste makes an exceedingly light and easily-digested pudding, but in consequence of its extreme lightness it is liable to break if turned out of the basin.

#### SUGAR PASTE (For Pastry and Tartlets)

Take  $\frac{1}{2}$  lb. of flour, 6 oz. of castor sugar, 1 egg, 3 oz. of butter, and the grated rind of 1 lemon.

Sift the flour on the paste board, make a hole in the middle, and put in the sugar, egg, and butter. Mix the whole together into a stiff paste.

This paste is used for bottom filling, and to line tartlet moulds of various kinds.

## SWEET PASTE FOR TARTLETS

Take 1 lb. of fine flour, 8 oz. of castor sugar, 5 oz. of butter, 1 egg, and the finely-grated rind of a lemon.

Sieve the flour into a basin, make a well in the centre, put in the sugar, butter and egg, and mix the whole into a stiff paste. Roll out and use as required.

## USEFUL PASTE FOR LINING

Take  $\frac{1}{2}$  lb. of flour and sift on to the paste board, make a well in the centre, and pour in a little plain syrup (*see* instructions for boiling sugar; a plain syrup would be obtained by boiling 1 lb. of loaf sugar in  $\frac{1}{2}$  pint of water to the *Small Thread* degree [ $215^{\circ}$  F. p. 176]).

Mix up into a stiff paste. Give it 2 or 3 turns, by working it well, until it is perfectly smooth and binding. Roll out to the thickness of a  $\frac{1}{4}$  inch, and bake in a moderate oven.



## CHAPTER II

### TARTS, TARTLETS, SMALL FRENCH PASTRY, CHOUX, BOUCHÉES, ÉCLAIRS, ETC.

#### ALMOND CHEESECAKES

Take some short-crust paste, 4 oz. of ground almonds, 4 oz. of castor sugar,  $\frac{3}{4}$  oz. of cornflour,  $\frac{1}{2}$  oz. of butter, 1 egg, some raspberry or strawberry jam, and a little nutmeg.

Beat the egg, add it gradually to the cornflour, and stir until perfectly smooth. Add the sugar, almonds, butter melted, and a pinch of nutmeg. Line 9 or 10 patty-pans with short-crust paste, spread about  $\frac{1}{2}$  a teaspoonful of jam on the bottom of each one, and fill with the mixture. Bake from 20 to 25 minutes in a moderately hot oven.

#### ALMOND RINGS

Take 12 oz. of best flour, 4 oz. of castor sugar, the yolks of 4 hard-boiled eggs, 8 oz. of butter, and a little milk, 1 liqueur-glassful of rum or Kirschwasser, 1 oz. of coarsely-shredded almonds, and  $\frac{1}{2}$  a teaspoonful of ground cinnamon.

Sift the flour into a basin, crumble up the hard-boiled yolks of eggs, and rub them with the butter into the flour, add the sugar and cinnamon, work in the rum or Kirschwasser, and enough milk to make a stiff dough. It must not be too moist, and should not be kneaded much. Roll out and shape into convenient-sized rings, place these on a buttered baking-tin, brush over with beaten egg yolk mixed with a little milk.

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Bake in a moderate oven for about 10 minutes, then sprinkle over each a few finely-shredded almonds.

### ALMOND TARTLETS

Line some tartlet pans with sugar paste (*see* page 29), and fill them up with macaroon paste (*see* page 112). Put 2 small bands over them crosswise, so as to form a +, and bake them in a moderate oven.

### APPLE TART

Take 2 lb. of apples, 2 tablespoonfuls of moist sugar, 4 cloves, or  $\frac{1}{4}$  teaspoonful of grated lemon-rind, and some short-crust paste.

Peel, core, and cut the apples into thick slices. Roll the paste into an oval form a little larger than the top of the pie-dish, invert the dish in the centre of the paste, and cut round, leaving a  $\frac{1}{4}$ -inch margin on all sides. Line the edge of the pie-dish with the trimmings, put in  $\frac{1}{2}$  the apples, add the sugar and flavouring ingredient, then the remainder of the fruit. Moisten the paste lining the edge of the dish with water, put on the cover, press the edges together, and notch them at intervals of about  $\frac{1}{8}$  inch. Bake in a brisk oven from 40 to 50 minutes, and when the paste has risen and set, brush it over lightly with cold water, and dredge well with castor sugar. This must be done quickly, and the tart immediately replaced in the oven. If the tart is to be eaten cold, directly it leaves the oven the crust should be raised gently with a knife, to allow some of the steam to escape, otherwise it may lose some of its crispness.

### APPLE TART CREAMED

Take some short-crust paste, 2 lb. of apples, 2 tablespoonfuls of moist sugar, 1 oz. of butter and 1 pint of boiled custard.



## MEAT ROLLS, RAISED PIE, ETC.



1. Sausage Rolls. 2. Puff-paste Jam Patties. 3. Raised Pork Pie.

## ORNAMENTAL PIE CRUSTS



1. Meat Pie. 2. French Raised Pie. 3. Raised Game Pie, with Aspic Jelly.

Pare, core, and cut the apples into thick slices, put them into a stewpan with the sugar, butter, and 1 or 2 tablespoonfuls of water, and cook very gently until tender. Line the edge of a pie-dish with thin strips of paste about 3 inches wide, and decorate the edge with overlapping leaves or small rounds of pastry, which must be securely fixed by means of white of egg. Pass the apples through a hair sieve, add more sugar, if necessary, and put the *purée* into the pie-dish lined with pastry.

Bake in a quick oven until the paste has risen and set, then add the prepared custard, and bake more slowly until the pastry is sufficiently cooked and the custard firm. Serve either hot or cold.

### APRICOT TART

Take 1 tin of apricots, sugar, and some short-crust paste.

Place the apricots in a pie-dish, sprinkle with sugar, and  $\frac{1}{2}$  fill the dish with the syrup from the tin. Cover with paste (*see* APPLE TART), and bake in a quick oven from 30 to 40 minutes. When the paste has risen and set, brush it over lightly with cold water, and dredge well with castor sugar. Return quickly to the oven, and finish baking.

### APRICOT TARTLETS

Line some tartlet moulds with tart paste, and fill with apricots. Bake the tartlets in a quick oven, and when cold, put some apricot jam over them.

### BABAS, ORDINARY

Take 1 lb. of flour, 4 oz. of butter, 1 oz. of yeast, 2 oz. of castor sugar, 3 eggs, 4 oz. of sultanas and chopped citron peel, and 1 pint of milk.

Mix, and finish as for the following Babas.

## BABAS, RICH RUM

Take  $\frac{3}{4}$  lb. of flour, 4 oz. of best butter,  $\frac{1}{2}$  oz. of yeast, 5 eggs,  $\frac{1}{2}$  pint of milk, a pinch of salt, 2 oz. of castor sugar, and 2 oz. of sultanas.

Mix and finish the same as for BRIOCHE PASTE (*see* page 16). Prepare the paste in the evening to be used next morning; it should be well beaten down before putting in the moulds, which should be filled  $\frac{1}{2}$  full with the paste. Put them in a warm oven and let them rise to the borders, then bake them in a quick oven. When ready, take out of the moulds and allow them to cool down. Prepare some syrup (*see* below), and dip them in, 3 at a time. Great care must be taken not to soak them too much, lest they should become soft and crumble.

## BABAS, SYRUP FOR

Take 2 lb. of cane loaf sugar, and dissolve in 1 pint of water.

Boil gently for 1 minute after the sugar is dissolved, take off the fire, and remove the scum. Gently boil up again to the "Small Thread," add the juice of 2 lemons, and a glass of the best rum. Dip in the babas while the syrup is hot.

## BAKEWELL TART

Take  $\frac{1}{2}$  lb. of short-crust paste, a little raspberry jam, 2 oz. of ground almonds, 2 oz. of castor sugar, 2 oz. of butter, 1 egg, and some essence of almonds.

Cream the butter and sugar together until thick and white, stir in the egg, add the almonds, also a few drops of essence of almonds, and beat well. Line a flat dish with the pastry, place a good layer of jam on the bottom, and spread the mixture lightly on the top of it. Bake in a quick oven for about  $\frac{1}{2}$  hour, and serve either hot or cold.

## BALMORAL TARTLETS

Take 1 oz. of butter, 1 oz. of castor sugar,  $\frac{1}{2}$  oz. of cake-crumbs,  $\frac{1}{2}$  oz. of glacé cherries cut into small dice,  $\frac{1}{2}$  oz. of candied peel finely shredded,  $\frac{3}{4}$  oz. of cornflour, or potato flour, 1 egg, and some short-crust paste.

Make the paste as directed, and line 12 patty-pans. Cream the butter and sugar until thick and white, stir in the yolk of the egg, add the cake-crumbs, cherries, peel and cornflour. Whisk the white of egg stiffly, stir it in lightly, and fill the patty-cases with the preparation. Cross 2 narrow strips of paste on the top of each tartlet, and bake for about 20 minutes in a moderate oven.

## BLACK-CURRENT TARTLETS

Take some short-crust paste, 1 lb. of black currants, 2 tablespoonfuls of moist sugar,  $\frac{1}{4}$  pint of cream (if liked), and a little castor sugar.

Cook the black currants with the sugar, and 2 tablespoonfuls of water, in a jar, on the stove or in a slow oven. Line 12 patty-pans with the paste, fill them with rice placed in buttered papers, and bake until crisp in a brisk oven. When cold, fill them with the prepared cold fruit and syrup, cover with stiffly-whipped, sweetened cream (if used), and serve cold.

## BOUCHÉES, CHOCOLATE

Proceed as directed for Bouchées, Lady, using chocolate cream instead of jam, and ice the bouchées with chocolate icing (*see* page 182).

## BOUCHÉES, COFFEE

Prepare these in the same way as Bouchées, Chocolate, using coffee cream (*see* page 183) between, and coffee icing over them (*see* page 183).



## BOUCHÉES, LADY

Make some Savoy biscuit paste (*see* page 110), flavoured with vanilla. Drop the bouchées (in rounds of about 2 inches in diameter) on some foolscap paper or stout cartridge paper. Bake quickly in a hot oven. When they are cold, take them off the paper, trim each piece with a round biscuit cutter, and stick them together, with apricot jam between each, or cream if preferred. Have some fondant icing (*see* page 185) ready and dip the bouchées into it, so as to ice them all over; then place them on a wire network, in a warm place to dry.

## BOUCHÉES, RASPBERRY

Proceed in the same way as for Bouchées, Lady, putting raspberry jam between them instead of apricot. Ice over with fondant icing flavoured with raspberries, adding a little cochineal to give the proper colour (*see* preceding recipe).

## BRIOCHES, LITTLE

Take 1 lb. of brioche paste (*see* page 16), divide it into 10 parts, mould them and put them into little brioche pans, and bake them in a hot oven.

## BRISCOTINS

Take  $\frac{1}{4}$  lb. of almonds, 1 lb. of castor sugar, and the whites of 2 eggs.

Blanch and peel the almonds, dry them in front of the fire or at the mouth of the oven, then pound in a mortar till fine, adding at the same time the whites of eggs in small quantities. Work in the sugar at the last—if found too stiff a few drops of water may be added. Shape the mixture into small balls, about the size of a small walnut, place these on a baking-tin covered with white paper, dredge with sugar, and bake in a slow oven for 15 or 20 minutes. To remove

the briscotins turn the paper upside down on to a board, and brush over with cold water.

### BRISCOTINS, CHOCOLATE

Prepare the same mixture, adding  $\frac{1}{2}$  lb. of grated chocolate and  $\frac{1}{2}$  lb. of sugar in lieu of the 1 lb. of sugar, the process being the same as above stated.

### BROWN BREAD TARTLETS

Line some deep tartlet moulds with puff-paste, and put a little jam at the bottom of each. Break 2 eggs into a basin, add 3 oz. of sugar and whisk until light. Stir in 2 oz. of pounded, stale pastry, 1 oz. flour, 1 oz. melted butter, allspice and chopped peel, fill up the moulds and bake in a quick oven. When cold, ice over with fondant icing, flavoured with rum.

### CHEESE CAKES

Take 8 oz. of castor sugar, 4 oz. of best butter, 2 eggs, 1 oz. of finger biscuits ground to a powder, the grated rind and juice of 2 lemons, and a little milk.

Break the eggs into a basin, add the sugar and melted butter, and stir until the mixture becomes light and smooth. Add the lemon-juice, biscuit powder, and, if necessary, a little milk. Line some tartlet tins with puff-paste and fill with the mixture. Bake in a quick oven.

### CHERRY TARTLETS

Take  $\frac{1}{2}$  lb. of short-crust paste, 1 lb. of cooking cherries, 2 tablespoonfuls of moist sugar, and 2 eggs.

Remove the stalks from the cherries, put them into a small stewjar with the moist sugar, stand the jar in a saucepan, surround it with boiling water, and cook until the cherries are tender. Meanwhile line 10 or 12 deep patty-pans with the paste, fill them with rice in order to prevent blistering (rice should be kept for this purpose and used over and over again), placing



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a buttered paper between it and the paste, and bake in a quick oven. When the cherries are sufficiently cooked, strain off the syrup into a small stewpan, add the yolks of eggs previously beaten, and stir by the side of the fire until the custard thickens. Fill the patty-cases with cherries, cover with a layer of custard, on the top spread a little stiffly-whisked white of egg, and sprinkle with castor sugar. Replace in the oven until the white of egg hardens and acquires a little colour, then serve hot or cold.

### CHERRY TARTLETS (Another Way)

Line some tartlet pans with short-crust or sugar paste (*see* page 29). Fill them with cherries, and bake the tartlets in a hot oven. When cold, put some red-currant jelly over the cherries.

### CHESTNUT TARTLETS

Line some special tartlet moulds with sugar paste. Prick the paste all over, and bake the tartlets quickly. When cold, fill with chestnut cream (*see* MOKA CREAM, and use mashed chestnuts instead of coffee), and cover with meringue. Ice in 2 colours, pink and chocolate.

### CHOCOLATE PROFITEROLLES

Prepare the required quantity of ordinary choux paste (*see* page 18), and bake in the usual manner, then fill each with chocolate cream (*see* page 182), garnish dish with the choux, and sauce over with chocolate sauce.

*Chocolate Sauce*:— $\frac{1}{4}$  lb. of covering or block chocolate,  $\frac{1}{2}$  pint of water or milk, boil up, thicken with about  $\frac{1}{2}$  oz. of arrowroot, and cook for a few minutes.

### CHOCOLATE TARTLETS

Take some short-crust paste, 2 oz. of grated chocolate, 4 oz. of cake-crumbs, 3 oz. of castor sugar, 2 oz. of

butter,  $\frac{1}{2}$  oz. of cornflour, 2 eggs, and some chocolate icing.

Cream the yolks of the eggs and sugar well together, add the cake-crumbs, chocolate, cornflour, and the butter melted. Whisk the whites of eggs stiffly, and stir them in as lightly as possible. Have ready 12 patty-pans lined with short-paste, fill them with the mixture, and bake in a moderately hot oven from 20 to 25 minutes. When cold, cover the surface of each tartlet with chocolate icing, allow it to harden, then serve.

### CHOCOLATE TARTLETS (Another Method)

Take some short-crust paste, Genoese paste, chocolate icing, and grated coco-nut.

Line some deep tartlet moulds with the paste, fill them with Genoese mixture, and bake in a moderate oven. When cold, ice them over with chocolate icing, and sprinkle with coco-nut. Variety may be introduced by using orange icing or transparent icing, and chopped pistachios.

### CREAM TARTLETS

Take some short-crust paste, apricot jam,  $\frac{1}{3}$  pint of cream, and castor sugar.

Line 10 or 12 patty-pans with the paste, fill them with rice, with buttered paper between it and the paste, and bake until crisp in a brisk oven. When cool, remove the rice and then about  $\frac{1}{2}$  fill them with jam, pile the stiffly-whipped sweetened cream on the top, and serve cold.

### CUSTARD TARTLETS

Take some short-crust paste, 2 whole eggs, 2 whites of eggs, 1 pint of milk, and sugar.

Line 12 deep patty-tins with short-paste. Beat the 2 eggs, add the milk, and sweeten to taste. Fill the patty-pans with custard and bake in a moderate oven until set. Have ready the whites of eggs stiffly-

whisked and sweetened, pile lightly on the tartlets, and replace them in the oven until the meringue hardens and acquires a little colour. Serve cold.

### CUSTARD TARTLETS (Another Method)

Take some short-crust paste, 2 eggs, 1 pint of milk, sugar, and jam.

Bring the milk nearly to boiling-point, add the sugar, and when dissolved pour on to the well-beaten eggs, stirring meanwhile. Return to the stewpan, or if preferred, put the mixture into a jug and stand it in a saucepan of boiling water, and stir until the custard thickens, but it must not boil. Line 12 deep patty-pans with paste, spread a good layer of jam on the bottom of each one, and fill with the custard. Bake in a moderate oven until the custard is set.

### DAMSON TART

Take some short-crust paste, 1½ pints of damsons, and about 2 heaped tablespoonfuls of brown sugar, or according to taste.

Prepare the crust as directed for APPLE TART. In the centre of the pie-dish place an inverted cup or a ventilating cup and funnel to retain the juice, half fill the dish with fruit, add the sugar, then put in the remainder of the fruit. Cover with paste, brush lightly over with cold water, sprinkle liberally with castor sugar, and bake in a quick oven.

### DUTCH TARTLETS

Line some deep tartlet moulds with sugar paste (*see* page 29). Put a little jam at the bottom of each, fill up with a Dutch macaroon paste (*see* page 113), and bake the tartlets in a moderate oven.

### ÉCLAIRS

Take some choux paste, chocolate or coffee icing, cream and confectioner's custard, or jam.

Put the choux paste into a forcing-bag, and press

it out on to a buttered baking-sheet in the form of small Savoy biscuits. Or, if a bag and pipe are not available, roll it on a floured board to the same shape. Bake from 15 to 20 minutes in a moderate oven, let them cool on a sieve, then make an incision on the side of them and scoop out the soft interior. Fill the cavities with stiffly-whipped sweetened cream, confectioner's custard or jam, and coat them with chocolate or coffee icing.

### ÉCLAIRS, CHOCOLATE

Prepare these like Éclairs, Coffee, filling with chocolate cream (*see* page 182), and putting chocolate icing on the tops (*see* page 182).

### ÉCLAIRS, COFFEE

Take  $\frac{1}{2}$  pint of milk, 2 oz. of butter, 2 oz. of cornflour, 2 oz. of Vienna flour, 2 eggs,  $\frac{1}{2}$  teaspoonful of vanilla essence, a pinch of salt, 1 oz. of castor sugar, Moka custard for filling, and some coffee icing.

Put the water, butter, sugar and salt into a stewpan; when boiling, stir in the cornflour and Vienna flour (previously mixed); work it with a wooden spoon over the fire sufficiently long to produce a soft paste which will leave the side and bottom of the pan clean. Draw the stewpan from the fire, add the flavouring essence, and work the eggs in gradually (leaving out 1 white). Beat the paste well for some minutes, then put it in a large forcing or savoy bag with a plain tube, and force out even-sized shapes, similar to finger biscuits, on to a lightly-buttered baking-tin, about 1 inch apart from each other. Bake to a nice fawn colour in a moderate oven. When done, split the sides with a sharp knife, and fill each with 1 teaspoonful of Moka custard. Have ready some coffee icing, and dip each éclair into it, so as to cover the surface and sides well and smoothly. Place the éclairs on a wire tray to set, and dish up when required.

## ÉCLAIRS, DUCHESS

Make the éclairs larger and longer than in making the other kinds, and finish them in the same way as for Puffs, Iced (*see* page 52).

## ÉCLAIRS, VANILLA

Make some choux paste (*see* page 18), and force it through a bag, into strips about 6 inches long. Bake the éclairs in a moderate oven, and when cold, cut them open from side to side, and fill them with éclair cream (*see* page 184). Ice the top over with vanilla icing (*see* page 188).

## FANCY TARTS, SMALL

Prepare a Genoese paste (*see* page 21), fill up some little tartlet pans with it, and bake in a quick oven. When cold, spread some apricot marmalade over the surface, sprinkle some castor sugar round them, and put a cherry on the top.

## FILBERT TARTLETS

Take some short-crust paste, 3 oz. of filberts, 1 oz. of ground almonds, 3 oz. of castor sugar,  $\frac{1}{2}$  oz. of cornflour, 2 eggs, and  $\frac{1}{2}$  gill of cream or milk.

Blanch and peel the nuts and chop them finely. Mix the cornflour smoothly with the milk, and stir it over the fire until it thickens. Cream the eggs and sugar together until thick and smooth, add the prepared nuts and almonds, then stir in the cornflour and milk. Put the mixture into 12 patty-pans lined with paste, fix 2 thin strips of paste across each tartlet, brush over with milk, and dredge with castor sugar. Bake in a moderate oven for about 20 minutes.

## FLAN OF APPLES

Take 3 or 4 apples, 1 tablespoonful of moist sugar, 2 tablespoonfuls of sherry (optional), 4 cloves, 2 whites of eggs, castor sugar, and  $\frac{1}{2}$  lb. of short-crust paste.



Peel, core, and cut each apple into 8 sections, place them in a stewpan, add the cloves and sherry (if used), cover closely, stand the stewpan in a tin containing boiling water, and cook until tender, but not sufficiently so as to break easily. Meanwhile line a 6-inch diameter flan or paste-ring with paste rolled out to about  $\frac{1}{4}$  inch in thickness, fill it with rice placed on an interlining of buttered paper, and bake in a quick oven. When done, remove the rice and paper, fill with the apples, arranged in a pyramid, strain the juice (if any) over them, and sprinkle well with sugar. Whisk the whites of eggs to a stiff froth, spread it lightly over the apples, dredge well with castor sugar, and bake in a cool oven until lightly browned. Serve either hot or cold.

There are two ways of making a flan without the aid of a ring. The first is by means of a round cake-tin. The tin is placed in the centre of the rolled-out paste, which is cut round, leaving a margin of about 1 inch, to be afterwards raised and moulded to the shape of the tin. Before removing the tin a narrow-folded band of greased paper must be pinned lightly round this raised border. In the second method, the bottom is cut out to the required size, and a narrow strip of paste fastened to the edge of it by means of white of egg. A band of paper must support the border; and in both cases the inside should be filled with rice before baking.

### FLAN OF PINEAPPLE

Take  $\frac{1}{2}$  a preserved pineapple, castor sugar, 2 eggs, and  $\frac{1}{2}$  lb. of short-crust paste.

Prepare and bake the flan as for FLAN OF APPLES. (Cut the pineapple into dice and remove all the specks. Strain the syrup, place a  $\frac{1}{4}$  pint of it in a stewpan with a dessertspoonful of sugar, bring to boiling-point, and simmer for 3 or 4 minutes. Let it cool slightly, then add the yolks of the eggs, and cook gently by the

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side of the fire until they thicken, stirring meanwhile. Now place the pineapple in the prepared flan, cover with the custard, and spread the stiffly-whisked whites of eggs on the top. Bake in a moderately cool oven until the meringue hardens and browns slightly. Serve either hot or cold.

### FLAN OF STRAWBERRIES

Take 1 lb. of strawberries, castor sugar, 2 whites of eggs, and  $\frac{1}{2}$  lb. of short-crust paste.

Make the flan as directed for FLAN OF APPLES; when about  $\frac{3}{4}$  baked, remove the rice, and fill with strawberries, from which the stalks have been removed. Pile the fruit high in the centre, dredge well with castor sugar, and cover with stiffly-whisked white of egg. Cover the surface lightly with castor sugar, replace in the oven, and bake slowly for about 15 minutes. When the meringue is set, cover with paper to prevent it browning too much before the strawberries are sufficiently cooked. Serve either hot or cold.

*Note.*—Almost any kind of fruit may be made into a flan; the varieties employed for culinary purposes may be broadly divided into 3 classes, viz., fruit requiring a comparatively large amount of cooking, such as apples, pears, plums; quickly-cooked fruits like strawberries, raspberries, etc.; and tinned fruits which simply require reheating. The 3 preceding recipes illustrate methods applicable in each case.

### FOLKESTONE CHEESECAKES

Take 1 pint of milk, 4 oz. of sugar, 3 oz. of ground rice, 2 oz. of butter, 2 eggs, 2 oz. of currants cleaned and picked, the grated rind of 1 lemon, salt, and some short-crust paste.

Simmer the ground rice in the milk for  $\frac{1}{2}$  hour, then stir in the butter, sugar, lemon-rind, the well-beaten eggs, a good pinch of salt, and stir and cook by the side of the fire until the mixture thickens. Now let it cool slightly, and meanwhile line the patty-pans



with paste, and unless the oven has a good bottom heat,  $\frac{1}{2}$  bake them before putting in the mixture (*see* CHERRY TARTLETS). When ready, fill them with the cheesecake preparation, sprinkle a few currants on the top of each cake, and bake from 25 to 30 minutes in a brisk oven.

### FRANGIPAN TART

Take some short-crust paste, 2 eggs,  $1\frac{1}{2}$  oz. of butter,  $1\frac{1}{2}$  oz. of sugar,  $\frac{1}{4}$  oz. of flour,  $\frac{1}{2}$  pint of milk, 1 bay-leaf, 2 or 3 fine strips of lemon-rind, and a little nutmeg.

Mix the flour smoothly with a little milk, simmer the remainder with the bay-leaf, lemon-rind, and a pinch of nutmeg, for about 15 minutes, then strain it on the blended flour and milk, stirring meanwhile. Return to the stewpan, add the butter, sugar, and slightly-beaten eggs, and stir by the side of the fire until the mixture thickens, but do not let it boil. Line a tart tin with the paste, pour in the preparation when cool, and bake from 25 to 30 minutes in a moderate oven. Serve cold.

### FRUIT OR JAM TURNOVERS

Take some short-crust or puff-paste, stewed fruit or jam, and a little castor sugar.

Roll the paste out thinly, and cut it into rounds about 4 inches in diameter. Place a little fruit or jam in the centre of each round, moisten the edges with water, and fold the paste over on 3 sides in the form of a triangle. Seal the join carefully, turn them over, brush lightly with cold water, and dredge well with castor sugar. Bake for about 15 minutes in a moderate oven.

### GALETTES, SWEET

Sift  $\frac{1}{2}$  lb. of flour and mix in a basin with 4 oz. of cornflour, add a pinch of salt, and 2 oz. of castor sugar.

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Melt  $\frac{1}{2}$  lb. of butter, beat up 2 yolks of eggs with  $\frac{1}{4}$  gill of cream, and work both lightly into the flour, etc., knead to a smooth dough; if found too stiff add a little milk. Roll out on a floured board about  $\frac{1}{2}$  inch thick, cut out into rounds or diamond shapes, and put on a buttered baking-tin, brush over with sweetened milk, sprinkle with coarse castor sugar, place  $\frac{1}{2}$  a glacé cherry, and 3 or 4 halves of blanched and peeled almonds in the centre of each galette, and bake in a moderately heated oven from 20 to 25 minutes.

### GOOSEBERRY TART

Take  $1\frac{1}{2}$  pints of gooseberries,  $\frac{1}{4}$  lb. of short-crust paste, and  $\frac{1}{4}$  lb. of moist sugar.

With a pair of scissors cut off the tops and tails of the gooseberries; put them into a deep pie-dish, pile the fruit high in the centre, and put in the sugar; line the edge of the dish with short-crust, put on the cover, and ornament the edges of the tart; bake in a good oven for about  $\frac{3}{4}$  hour, and before serving dredge with castor sugar.

### GRANVILLE TARTLETS

Take some short-crust paste, 3 oz. of castor sugar, 2 oz. of butter, 2 oz. of currants (cleaned and picked), 1 oz. of ground rice, 1 oz. of finely-shredded candied peel, 3 oz. of cake-crumbs, 1 oz. of desiccated coco-nut, 2 whites of eggs, 1 tablespoonful of cream (optional), lemon essence, and some transparent icing.

Cream the butter and sugar together until thick and smooth, add the currants, ground rice, peel, cake-crumbs, cream (if used), 4 or 5 drops of lemon essence, and lastly, the stiffly-whisked whites of eggs. Line 18 small oval tartlet moulds with paste, fill them with the preparation, and bake from 15 to 20 minutes in a moderate oven. When cool, mask the tartlets with icing, and sprinkle them with desiccated coco-nut.

## LEMON CHEESECAKES

Take some short-crust paste, 1 lb. of loaf sugar,  $\frac{1}{4}$  lb. of butter, 3 eggs, the grated rind of 2 lemons and the juice of 3, and some finely-shredded candied peel.

Put the sugar, butter, lemon-rind and strained lemon-juice into a stewpan, and stir until the sugar is dissolved. Beat the eggs, add them to the contents of the stewpan, and stir and cook slowly until the mixture thickens. Let it remain in a cool, dry place until required. Line the patty-pans with paste,  $\frac{3}{4}$  fill them with the preparation, add a few strips of candied peel, and bake for about 20 minutes in a moderately hot oven.

*Note.*—The above preparation, if closely covered and stored in a cool, dry place, will keep good for several weeks.

## LEMON TARTLETS

Take some short-crust paste, 4 oz. of butter, 4 oz. of castor sugar, 2 eggs, and 1 lemon.

Cream the butter and sugar well together, beat each egg in separately, and add the juice of the lemon and the rind finely grated. Let the mixture stand in a cool, dry place for at least 24 hours, then bake in patty-pans previously lined with the short-crust paste.

## LEMON TARTLETS (Another Method)

Take some short-crust paste, 4 lemons, 4 oz. of loaf sugar, and 4 oz. of blanched finely-shredded almonds.

Pare the lemons thickly, boil the fruit in 2 or 3 waters until tender, then pound or rub through a fine sieve. Replace in the stewpan, add the sugar, almonds and lemon-juice, and boil until a thick syrup is obtained. Line 10 or 12 patty-pans with paste, fill them with the preparation, and bake for about 20 minutes in a moderately hot oven.

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### MAIDS OF HONOUR

Take some puff-paste, 4 oz. of castor sugar, 2 oz. of Jordan almonds,  $\frac{1}{2}$  oz. of fine flour, 1 egg, 2 tablespoonfuls of cream, and 1 tablespoonful of orange-flower water.

Blanch and dry the almonds, and pound them in a mortar with the sugar until fine. Add the egg, and mix in the flour, cream and orange-flower water. Line 8 or 9 small tartlet moulds with paste, fill them with the mixture, and bake in a moderate oven.

**MERINGUE TARTS** (*See FLAN OF APPLES, page 42 ;  
FLAN OF STRAWBERRIES, page 44*)

### MARGUERITE TARTLETS

Make some Genoese paste (*see page 21*) and put it into little baba moulds. Bake in a moderate oven. When cold, put some boiled apricot jam over the surface, and some sugar round the sides and over the top, and put a cherry on each tartlet.

### MINCE PIES

Take some puff-paste and mincemeat.

When the paste has had the necessary number of turns, roll it out to about  $\frac{1}{4}$  inch in thickness, and line some large-sized patty-pans with it. Fill with mincemeat, cover with paste, brush over lightly with cold water, and dredge with castor sugar. Bake in a moderately hot oven from 25 to 30 minutes, and serve either hot or cold.

### MIRABELLE TARTLETS

Line some tartlet pans with short-crust paste (*see page 28*), and fill with mirabelle plums. Bake in a quick oven, and when cold, put some apricot jam over them.

## OPEN TART (Of any kind of Preserve)

Take some trimmings of puff-paste and any kind of jam.

Butter a tart-pan of the usual shape, roll out the paste to the thickness of  $\frac{1}{8}$  inch, and line the pan with it, prick a few holes at the bottom with a fork to prevent the paste rising and blistering, and bake the tart in a brisk oven from 10 to 15 minutes. Let the paste cool a little; then fill it with preserve, place on it a few stars or leaves, which have been previously cut out of paste and baked, and the tart is ready for table. By making the tart in this manner, both the flavour and the colour of the jam are preserved.

## ORANGE PASTRY

Prepare a Genoese pasie (*see* page 21), add the grated rind and juice of 3 oranges. Fill 2 square moulds with the paste, and bake in a moderate oven. When cold, trim each piece smooth, and place one on the other, putting apricot jam between and on the top. Ice cover with orange icing (*see* page 186), and cut into strips about 5 inches long and  $1\frac{1}{2}$  inches wide.

## ORANGE TARTLETS

Take the finely-grated rind of 2 oranges, the juice of 1 orange, 3 oz. of butter, 3 oz. of castor sugar,  $1\frac{1}{2}$  oz. of cake-crumbs, 2 eggs, 1 teaspoonful of cornflour, and some short-crust paste.

Cream the butter and sugar well together, beat each yolk in separately, add the grated orange peel, cornflour and orange-juice, previously mixed smoothly together, the cake-crumbs, and lastly, the stiffly-whisked whites of eggs. Pour the mixture into 10 or 12 tartlet tins previously lined with paste, and bake for about 20 minutes in a moderately hot oven. When cold, mask with the icing.



## PARISIAN TARTLETS

Take some short-crust, 3 oz. of butter, 3 oz. of castor sugar, 2 oz. of cake-crumbs, 1 oz. of cornflour, 1 oz. of ground almonds, 2 small eggs, 2 tablespoonfuls of cream or milk, 1 dessertspoonful of lemon-juice, and  $\frac{1}{2}$  teaspoonful of ground cinnamon.

Cream the butter and sugar well together until thick and smooth, add the eggs separately and beat well. Mix the cream (or milk) and cornflour smoothly together, stir the ingredients into the mixture, add the ground almonds, cake-crumbs, cinnamon and lemon-juice, and mix well together. Line 12 tartlet moulds with paste, fill them with the preparation, and bake in a moderate oven from 15 to 20 minutes. When about  $\frac{3}{4}$  baked, dredge them well with castor sugar.

## PASTRY SANDWICHES

Take some pastry trimmings, jam, and castor sugar.

Knead the trimmings lightly into a smooth round ball, and roll out very thinly, keeping the shape as square as possible. Spread jam evenly over one  $\frac{1}{2}$ , fold the other  $\frac{1}{2}$  over, wet the edges, and press them lightly together. Brush over with water, dredge well with castor sugar, and with the back of a blade of a knife mark the paste across in lines about 1 inch apart. Bake for about 20 minutes in a moderate oven, and when cold, cut the paste into strips. If preferred, currants, with the addition of a little sugar and shredded candied peel, may be used instead of jam.

## PATTY - CASES FOR OYSTER PATTIES AND OTHERS

Prepare some good puff-paste (*see* page 26), giving it 6 complete turns. Roll out to the thickness of  $\frac{1}{3}$  inch, and cut into fancy round cakes with a cutter, about 3 inches in diameter. Place these on

an iron baking-tin, form the cover with a plain, round cutter  $1\frac{1}{2}$  inches in diameter, dip it into hot water, and place it gently on the centre of the patty, pressing, not sufficiently to cut it through, but so as to make a mark. Brush over with beaten egg, and bake in a hot oven. When baked, take out the cover, and some of the inside paste, so as to make a perfect hollow.

### POLISH TARTLETS

Take some puff-paste trimmings, raspberry and apricot jam, chopped pistachios, and grated coco-nut.

Roll the paste out thinly, cut it into  $2\frac{1}{2}$ -inch squares, moisten each corner, fold them over to meet in the centre, and cover the join with a small round of paste. Bake in a moderately hot oven for about 15 minutes. When cold, place a little jam at each corner, and sprinkle coco-nut on the raspberry jam, and a little finely-chopped pistachio nut on the apricot jam.

### PROFITEROLLES HAVANNAISES

Proceed the same as directed for Chocolate Profiterolles (*see* page 38), but sauce over with coffee cream instead of chocolate.

*Coffee Cream* :— $\frac{1}{2}$  pint of milk, 2 yolks of eggs, 1 oz. of castor sugar,  $\frac{1}{4}$  oz. of flour, 2 teaspoonfuls of coffee essence. Stir the above over the fire until it becomes a thick sauce of cream-like consistency.

### PRUNE TARTS

Take  $\frac{3}{4}$  lb. of prunes, 1 tablespoonful of cranberry juice, sugar to taste, and some short-crust paste.

Scald the prunes, remove the stones, and take out the kernels; put the fruit and kernels into the cranberry juice, and add the sugar; simmer for 10 minutes; when cold, make the tarts. Any stone fruit can be cooked in the same way.



## PUFFS, BAKED

Prepare a choux paste (*see* page 18), drop it in rounds on a clean baking-tin, brush over with beaten egg, sprinkle some chopped almonds mixed with sugar over the top, and bake the puffs in a moderate oven. When cold, they may be filled with whipped cream (*see* page 15).

## PUFFS, CHOCOLATE

Prepare as before, filling them with chocolate cream (*see* page 182), and icing the top with chocolate icing (*see* page 182).

## PUFFS, COFFEE

Proceed the same as for Puffs, Cream, and, when cold, fill with coffee cream (*see* page 183), with coffee icing (*see* page 183) on the top.

## PUFFS, CREAM

Prepare these in the same way as Puffs, Baked, forcing them through a bag into rounds. Bake them in a moderate oven, and when cold, cut them open on one side, and fill them with a Saint Honoré cream, or any other if preferred.

## PUFFS, ICED

Proceed in the same way as for Puffs, Cream, fill the puffs with whipped cream (*see* page 15), and boil some sugar in a saucepan to the crack. Dip them quickly in the boiling sugar, and put a few sliced pistachios on the top.

## PUFF TARTLETS

Take some puff-paste trimmings, jam, white of egg, and castor sugar.

Roll the paste out to about  $\frac{1}{4}$  inch in thickness, and stamp out an equal number of rounds,  $2\frac{1}{2}$  and  $1\frac{3}{4}$  inches in diameter. Brush the larger rounds over with white

of egg; stamp out the centre of the smaller rounds, thus forming them into rings, 1 of which must be pressed lightly on the top of each round of paste. Bake in a moderately hot oven, and when cold, fill with jam.

### RASPBERRY TARTLETS

Take some short-crust paste, 1 pint of raspberries,  $\frac{1}{2}$  lb. of loaf sugar,  $\frac{1}{4}$  pint of water,  $\frac{1}{2}$  glass of brandy (optional), and desiccated coco-nut.

Boil the sugar and water together until reduced to a syrup, add the raspberries, and cook gently for a few minutes. Drain, replace the syrup in the stewpan, boil rapidly until considerably reduced, then let it cool, and add the brandy (if used). Line 10 or 12 patty-pans with paste, fill them with rice placed in buttered papers, and bake in a moderately hot oven until crisp. When cool, fill them with the prepared fruit, and an equal portion of syrup to each tartlet, sprinkle with coco-nut, and serve cold.

### RED-CURRENT AND RASPBERRY TART

Take  $1\frac{1}{2}$  pints of red currants,  $\frac{1}{2}$  pint of raspberries, 2 or 3 tablespoonfuls of moist sugar, and some short-crust paste.

Strip the currants from the stalks, put  $\frac{1}{2}$  of them into a pie-dish with an inverted cup in the midst, add the sugar and raspberries, then the remainder of the currants, piling them rather high in the centre. Cover with paste (*see* APPLE TART), brush lightly over with water, dredge well with castor sugar, and bake for about  $\frac{3}{4}$  hour in a moderately hot oven.

### RICE TARTLETS

Line some flat tartlet moulds, that have been previously greased, with short-crust. Fill them with rice mixture prepared as follows:—Take 8 oz. of washed rice,  $\frac{1}{2}$  pint of water, 1 quart of milk, 3 eggs, and a little orange-flower water. Put the rice into a large saucepan with the milk and water, and stir over a slow fire

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until it boils. Stir in the eggs and flavouring when the rice has absorbed all the liquid, and bake the tartlets in a quick oven. When baked, ice over with a thin fondant icing, and put  $\frac{1}{2}$  a cherry in the centre of each.

### ST. CLOUD TARTLETS

Take some short-crust paste, puff-paste or puff-paste trimmings,  $\frac{1}{2}$  lb. of greengage jam, castor sugar, vanilla sugar,  $\frac{1}{2}$  gill of cream, glacé cherries, and angelica.

Line the patty-pans with short-paste, brush the edges lightly over with beaten egg or water, and sprinkle with castor sugar. Fill them with jam, and bake in a moderately hot oven from 10 to 15 minutes. Roll the puff-paste out to about  $\frac{1}{8}$  inch in thickness, and stamp out some rings fully  $\frac{1}{2}$  inch less in diameter than the tartlets. Brush them over with milk, turn the wet side on to the castor sugar, and place on the baking-sheet sugared side upwards. Bake in a quick oven; when cold, place the rings of paste on the tartlets, and fill the centre with cream stiffly whipped and sweetened with vanilla sugar. Place  $\frac{1}{2}$  a glacé cherry in the centre of each, and insert a few strips or leaves of angelica to complete the decoration.

### ST. DENIS TARTLETS

Take some short-crust paste, 2 oz. of butter, 2 oz. of castor sugar, 2 oz. of ground almonds, 1 level tablespoonful of cornflour, 2 yolks of eggs, 1 white of egg, a little vanilla essence and raspberry jam.

Cream the butter and sugar together until thick and smooth, beat in the yolks of eggs, add the ground almonds, cornflour, a few drops of vanilla essence, and lastly, the stiffly-whisked white of egg. Line 12 tartlet moulds with paste, spread a small teaspoonful of jam at the bottom of each one, fill them with the preparation, and fix 2 narrow strips of paste across the top. Bake in a moderate oven from 15 to 20 minutes.

## SAUSAGE ROLLS

Take  $\frac{1}{2}$  lb. of sausages and some rough puff-paste.

Boil the sausages for 5 minutes, remove the skins, cut each sausage down and across into 4 pieces, and place them on squares of pastry. Wet the edges, fold over, leaving the ends open, and bake in a moderate oven.

## SAVARIN PASTE

Take  $\frac{1}{2}$  lb. of flour, 4 oz. of butter,  $\frac{1}{2}$  oz. of yeast, 2 oz. of sugar, a pinch of salt, 4 eggs, and a little milk.

Mix, and finish as for Babas, dipping them also in the rum syrup.

## SAVARINS, LITTLE

Make some savarin paste (*see above*), put it into little savarin moulds, let them stand on the stove until the paste has risen to the top of the moulds, then bake in a quick oven. When cold, dip them in baba savarin syrup.

## SOUPIRS

Make some Savoy biscuit paste (*see page 110*), prepare it in the same manner as bouchées (*see page 36*), then bake it in a quick oven. When cold, take the cakes off the paper, prepare a stiff meringue (*see page 121*), and put it on the bottom of each, dressing the meringue in a pear shape. Ice the soupirs over with fondant icing (*see page 185*).

## SPANISH NUT TARTLETS

Line some deep tartlet pans with sugar-paste (*see page 29*). Put a little jam in the bottom of each, and fill them up with hazel-nut cake mixture (2 oz. of ground dried hazel nuts, 6 oz. of flour,  $2\frac{1}{2}$  oz. of sugar,  $2\frac{1}{2}$  oz. of butter, 1 egg, and a little milk). Bake the tartlets in a moderate oven, and when cold, ice over with fondant icing flavoured with Kirschwasser, and put a cherry in the centre of each.

## STRAWBERRY TARTLETS

Line some plain tartlet pans with short-crust or sugar-paste (*see* page 29), prick the paste all over, and bake in a quick oven. When cold, fill the centre with ripe strawberries, and put some red-currant jelly over them.

## SWISS PUDDING TARTLETS

Line some tartlet pans with puff-paste. Soak 1 lb. of stale pastry in 2 pints of warm milk, adding 4 oz. of moist sugar, 8 oz. of currants (cleaned), 4 oz. of sultanas, 4 oz. of orange, lemon, and citron peel, a little allspice, and 1 gill of rum.

Mix the whole together, fill the moulds with the mixture, and bake the tartlets in a quick oven. When cold, ice over with fondant icing (*see* page 185) flavoured with Kirschwasser, and put a cherry on each.

## VANILLA TARTLETS

Line some tartlet pans with sugar-paste (*see* page 29). Fill up the centres with macaroon paste made from Spanish nuts (*see* HAZEL-NUT MACAROONS, page 114). Bake the tartlets in a moderate oven, and when cold, ice the top over with vanilla icing (*see* page 188).

## VICTORIA TARTLETS

Line some flat tartlet pans with puff-paste (*see* page 26), fill up with almond cream, or pithiviers cream (*see* page 186), and bake in a quick oven. When cold, ice over with fondant icing (*see* page 185), flavoured with Kirschwasser, and put a few finely-sliced pistachios over the top.



## CHAPTER III

### CAKES, RICH AND PLAIN, DECORATED AND SIMPLE

#### INGREDIENTS FOR CAKES

##### BUTTER

is of the first importance in cake-making, and where a rich cake is desired of fine flavour and keeping qualities, only the best butter should be used. But in most instances it will be desirable to use a somewhat cheaper fat for the purpose of cake-making, especially where the family is large and the means limited. In this case lard, dripping, or good margarine may be used with advantage, and there are also several vegetable fats procurable that answer very well for these purposes; but although they are more economical in price, and some of them are richer where flavour is the first consideration, nothing better than pure butter can be used. Of late years so many improvements have been introduced into the manufacture of margarine and other butter substitutes that almost an expert is required to tell the difference, and if a mixture of half butter and half margarine is used, there are few who could tell that it was not made with the best butter; and a good sweet margarine is to be preferred to a bad or indifferent butter.

##### EGGS

After butter the eggs next claim attention. At the present time eggs are imported into this country from

all parts of the world, and the result is that a good supply of the finest eggs for cooking purposes is always obtainable. For making cakes, eggs that are from 7 to 14 days old, provided they have been properly kept, are best. The longer an egg is kept, up to a certain point, the less moisture it contains, and the reason these eggs are better for cake-making is that the ingredients will only take a limited quantity of liquid, and the deficiency must be made up with milk, which is richer than the water that has evaporated from the eggs. Nor is this the only advantage. The whites will whisk up better and give more body than fresh eggs, and therefore more lightness to the cakes, for the white being more solid and stronger in every way retains the air better after it is beaten in. But when eggs are used for these purposes, it is important that each egg is broken into a cup, and carefully tested by its smell, to guard against any egg that may be bad, and especially a musty one, which, were it added to the cake, would spoil the whole and render it uneatable. When breaking the eggs make sure that they are usable, turn them into a basin or other suitable vessel, and cover them over with a sheet of paper to keep out all dirt until they are required for use.

### FLOUR

for cakes should always be of the finest quality procurable, and for best goods "High Grade" is the most suitable for use, and will also give the best results. But for all ordinary purposes of the household, what is termed "Whites" is suitable. But in any case let the flour be dry to the touch and sweet to the smell, with some colour and strength.

### BICARBONATE OF SODA

should be thoroughly mixed with the water or milk used for a cake, for nothing can be more disagreeable than to *taste* it.



## BAKING-POWDER

should be mixed with flour before adding other ingredients, and the cake should be placed in the oven as soon as possible after the eggs or milk have been added. If allowed to remain standing too long after the moisture has been added the cake will become heavy.

## FRUIT

With the introduction of machinery for fruit-cleaning purposes, currants can be procured comparatively clean, and need only a rub in a dry cloth, and picking over to remove any larger sprigs and stones that may have escaped the machine, to render them fit for use. In almost every case washing is not at all necessary; in fact, washing the currants deprives them of some of their goodness, and, therefore, is not only a waste of time, but a waste of material, and makes the cake heavy. Sultanas, although they are no doubt cleaned, require carefully picking over, and a good rub on a coarse sieve will remove almost the whole of the sprigs, which are a very objectionable ingredient in a cake. Raisins should in all cases be stoned, and if a large quantity has to be prepared, a small machine suitable for the purpose can be procured from the household stores or ironmonger's. It is very effective in its operations, and frees the raisins from stones in an incredibly short time, and, contrary to the general opinion, does not take out more of the flesh of the raisins than hand-picking. Glacé cherries, pineapple and ginger are used in cake-making. They are procurable from the grocer's in quantities as required, but as the price is rather high, they are used but sparingly. Coco-nut, almonds, walnuts, and other nuts, are sometimes used in cakes, but with the exception of almonds and coco-nut, very small quantities are used.

## ALMONDS

before use, require to be blanched. This is done by putting the almonds into a basin and pouring boiling water over them. When they have scalded for a short time their jackets are easily removed. When blanched they should be dried in the oven. Almonds can be purchased already blanched, either whole, shredded, chopped, or flaked, as desired, and if large quantities are required it is cheaper to procure them already prepared. Ground almonds are used for icings, paste, macaroons, ratafias, and biscuits, and are procurable prepared all ready for use. Coco-nut is sometimes liked, and for all purposes desiccated nut can be used. It is sold in shreds, strips, and either fine or coarse, also sugared and plain.

## SUGAR

Refined sugar can now be procured at so low a price, already ground and pulverized, that it is more economical to buy it in this form than to use loaf sugar and pound it, for, besides the trouble, it also involves some waste and loss of time, for powdered sugar is no dearer than loaf sugar, and if it cannot be procured from the grocer's, a baker who makes small confectionery goods would be willing to supply the quantity required

## THE OVEN

For cakes, the heat of the oven is of great importance, and the temperature must be regulated by the size and consistency of the cake to be baked. Small cakes may be baked quickly, but larger ones require a slower oven. A light mixture, such as Genoa or sponge cake, needs a quick oven, while a rich fruity cake of corresponding size or shortbread and biscuits must be baked in a moderate oven. It is difficult to give hard and fast rules for baking; common sense and experience are the best guides. To ascertain whether cakes and bread are sufficiently done, the

best plan is to thrust a skewer into them ; and if it comes out all sticky it is certain they are not cooked.

When the oven is very hot and the tops of the cakes are taking too much colour, cover them with a sheet of kitchen paper.

The tin of any cake requiring long baking should be carefully lined with greased paper. To prevent the bottom of a cake, subjected to long cooking, from burning, the tin should be stood on a baking-sheet covered with a layer of sand.

Always close the oven door gently and open it as little as possible ; never before 10 minutes after small cakes have been put in, or for 20 minutes in the case of large cakes.

## CAKES

### ALMOND CAKE

Take 6 oz. of ground sweet almonds,  $\frac{1}{2}$  oz. of pounded bitter almonds, 6 oz. of castor sugar, 3 oz. of butter, 1 lb. of flour, 4 eggs and some essence of lemon.

Break the eggs into a clean bowl, add the sugar previously warmed, and beat the mixture well together with a wire egg whisk until it is as thick as cream ; then add the butter (melted), then mix in the almonds, flour (sifted) and essence of lemon with a spoon. Grease a plain mould, fill it with the mixture, and bake in a steady oven. It will require from  $1\frac{1}{2}$  to 2 hours to bake, and great care must be taken to prevent the mixture burning. As a precaution it is advisable to lay 3 or 4 thicknesses of newspaper under the mould, and wrap the same round the sides, fixing the paper firmly in place with a piece of twine.

### ALMOND CAKE FOR PETITS FOURS GLACÉS

Take  $\frac{1}{2}$  lb. of ground almonds,  $\frac{1}{2}$  lb. of castor sugar, 2 oz. of oiled butter, 1 oz. of féculé, 3 whole eggs, 3 yolks of eggs, and  $\frac{1}{2}$  a lemon.

Well mix the sugar with the eggs, then add the almonds with the finely-grated rind of a lemon, then add the fécule and the oiled butter. Pour the mixture on to a paper-lined baking-sheet and bake. The cake mixture should be about  $\frac{3}{4}$  inch thick on the baking-sheet before being baked. When baked, turn out on to another baking-sheet, sprinkle over with rum or kirsch, and press the cake with a heavy weight. When cold, cut into small cakes, according to the shapes required, and glaze over with fondant.

### ALMOND SPONGE CAKE

Take 12 eggs (leave out the whites of 8),  $\frac{3}{4}$  lb. of castor sugar, 2 oz. of bitter almonds,  $\frac{3}{4}$  lb. of sifted flour, and a little rose-water.

Blanch the almonds and roll like a paste. While rolling them moisten them with rose-water. Blanching them in hot water will loosen the skin, which can then be easily removed. Break the eggs in a bowl and beat them up with a whisk. Add the sugar, and beat until light and creamy, then beat in the almonds, add the flour sifted, stir it in lightly, and bake in a square greased tin.

### ANGEL CAKE

Take 12 whites of eggs,  $\frac{1}{4}$  lb of flour,  $\frac{1}{4}$  lb. of corn-flour, 1 lb. of castor sugar, 1 level teaspoonful of cream of tartar, and  $\frac{1}{2}$  teaspoonful of vanilla essence.

Add a pinch of salt to the whites of eggs and whisk them to a stiff froth, and work in  $\frac{1}{3}$  of the sugar ; whisk well for another 10 minutes, then add by degrees the remainder of sugar ; also the 2 kinds of flour, which must be previously sifted and mixed, with the cream of tartar. Lastly add the vanilla essence. Bake in a clean but not buttered angel cake tin in a moderate oven for about 45 minutes. Turn the mould upside down on to a sugar-dredged paper, and allow it to stand till the cake comes out easily. It should not be turned out of the tin till quite cold.

## BANANA CAKES

Prepare a light Genoese mixture, and fill with it the required number of small buttered, boat-shaped moulds, then bake these in a moderate oven. When the little cakes are cool enough, hollow out a portion of the centre of each.

Peel 3 or 4 bananas and cut them into slices ; put these in a dish, besprinkle with a little Kirsch, orange-flower water and castor sugar. Range the banana slices neatly in the cavity and on top of each cake, then mask over the surface with dissolved apricot marmalade, and lastly besprinkle over each with finely-chopped pistachios

## BANANA LAYER CAKE

Take 4 ripe bananas, 8 oz. of flour, 4 oz. of butter, 6 oz. of castor sugar, 2 oz. of chopped walnuts or other nuts, shelled and peeled, 3 or 4 eggs and a few drops of vanilla essence. For layer filling :—2 ripe bananas, 1 oz. of icing sugar, and vanilla essence to flavour.

Cream the butter and sugar in a basin until creamy. Add the eggs separately and beat well, stir in the bananas, previously peeled and mashed through a sieve, the sifted flour, nuts and vanilla flavouring. Put the mixture in 2 well-greased shallow tins, cook in a moderate oven from  $\frac{3}{4}$  to 1 hour. When cooked, place on a sieve to cool. Skin and mash the 2 bananas, add the sifted icing sugar and vanilla essence to flavour and mix well. Spread this between the two cakes. If liked, the top of the cake can be coated with royal or transparent icing and decorated to taste with slices of bananas or glacé cherries.

## BORDEAUX CAKE

Take some Madeira mixture, spread it on sandwich tins, about  $\frac{1}{2}$  inch thick. Bake it to a light brown colour. When cold, place one layer on another, with



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red-currant jelly between, and on the top of each. Ice over with fondant icing, and pipe or decorate according to fancy.

### BREAKFAST CAKES

Take 1 lb. of flour,  $\frac{1}{2}$  teaspoonful of baking-powder  $\frac{1}{2}$  teaspoonful of salt,  $\frac{3}{4}$  pint of milk, 1 oz. of castor sugar, and 2 eggs.

These cakes are made in the same manner as bread, with the addition of eggs and sugar. Mix the flour, baking-powder and salt well together, and stir in the sifted sugar. Add the milk and the eggs, which should be well whisked, and with this liquid work the flour, etc., into a light dough. Divide it into small cakes, put them into the oven immediately, and bake for about 20 minutes.

### BRETON CAKES

Take 1 lb. of self-raising flour, 8 oz. of sugar, 4 oz. of butter, 2 eggs, the grated rind of 1 lemon, 8 oz. of currants (cleaned), and a little milk. Mix altogether, and finish in the same way as for INTERMEDIATE CAKES (*see* recipe page 73).

**BRIDE OR CHRISTENING CAKE.** (*See* WEDDING CAKE, p. 90)

### CHERRY CAKE

Take 12 oz. of flour, 8 oz. of butter, 6 oz. of castor sugar, 4 oz. of glacé cherries, 2 or 3 eggs, 1 teaspoonful of baking-powder, the grated rind of 1 lemon, and a little milk.

Line a cake tin with greased paper, sieve the flour and the baking-powder together, and grate the lemon-rind into it. Cream the butter and sugar, add the eggs, which should be well beaten, stir in the flour lightly, and the cherries cut into halves and, if necessary, a little milk, but keep the mixture fairly stiff. Put into the prepared tin, and bake for about  $1\frac{1}{2}$  hours in a moderate oven.



## CHOCOLATE CAKES

Take 1 lb. of Genoese paste (*see* page 21), and add 4 oz. of grated chocolate. Put it into flat moulds, and bake it in a moderate oven. When the paste is cold, cut it in halves, and place one on the other with red-currant jelly between. Ice over with chocolate icing (*see* page 182), and ornament the dish as desired.

## CHOCOLATE FINGERS

Take 6 oz. of fine flour, 3 oz. of butter, 4 oz. of castor sugar, 2 eggs, 2 oz. of unsweetened chocolate, 1 gill of milk, vanilla essence, 1 teaspoonful of cream of tartar, and  $\frac{1}{2}$  teaspoonful of bicarbonate of soda.

Line a shallow baking-tin with a greased paper. Melt the chocolate, and add  $\frac{1}{2}$  gill of milk, and stir until it boils, add a few drops of vanilla—then cool. Cream the butter and sugar, add yolks of eggs, and beat well. Sieve the flour and cream of tartar together on to a piece of paper. Dissolve the bicarbonate of soda in  $\frac{1}{2}$  gill of milk, and add to the creamed butter and yolks, then stir in the chocolate, flour, and last of all the stiffly-whisked whites of eggs. Spread evenly over the tin about  $\frac{3}{4}$  inch thick. Bake for about 15 minutes in a fairly hot oven. Turn out carefully on to a piece of paper sprinkled with castor sugar, and when cool, ice with chocolate icing. Cut into fingers, and decorate to taste with royal icing, or almonds, cherries, angelica, etc.

This mixture can be made into 1 cake and baked for about 1 hour, or if put into a greased pudding-mould and steamed for  $1\frac{1}{2}$  hours will make a very delicious pudding.

CHRISTENING CAKE. (*See* WEDDING CAKE, p. 90)

## CHRISTMAS CAKE, No. 1

Take 1 lb. of butter, 1 lb. of castor sugar, 1 lb. of sultanas, 1 lb. of currants,  $\frac{3}{4}$  lb. of mixed candied peel,

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2 lb. of flour,  $\frac{1}{2}$  oz. of baking-powder, 8 eggs, and a little milk.

Sieve the baking-powder 2 or 3 times with the flour on to a sheet of paper to mix well. Put the butter and the sugar into a clean pan and stand in front of the fire to soften. Weigh the fruit on to the flour, having carefully cleaned and picked them free from stalks and stones. Cut up the peel into thin shreds, and lay it with the fruit and flour. Break the eggs into a clean basin. Now proceed to beat up the butter and sugar into a cream with your hand, add the eggs 1 at a time, beating well after each addition of egg. When all are in, add the flour and fruit, moisten to the usual cake batter consistency with milk, and bake in round or square well-papered and greased tins. This will make about  $7\frac{1}{2}$  lb. of cake, and can be baked in one or more cakes as desired. It will take from 3 to 4 hours to bake.

### CHRISTMAS CAKE, No. 2

Take  $2\frac{1}{2}$  teacupfuls of flour,  $\frac{1}{2}$  teacupful of melted butter, 1 teacupful of cream, 1 teacupful of treacle,  $\frac{3}{4}$  teacupful of moist sugar, 2 eggs,  $\frac{1}{2}$  oz. of powdered ginger,  $\frac{1}{2}$  lb. of raisins, 1 teaspoonful of bicarbonate of soda, and 1 tablespoonful of vinegar.

Make the butter sufficiently warm to melt it, but do not allow it to oil; put the flour into a basin, add to it the sugar, ginger and raisins, which should be stoned and cut into small pieces. When these dry ingredients are thoroughly mixed, stir in the butter, cream, treacle, and well-whisked eggs, and beat the mixture for a few minutes. Mix the bicarbonate of soda with the dry ingredients, taking great care to leave no lumps, then stir the vinegar into the dough. When it is wetted, put the cake into a greased tin or mould, place it in a moderate oven immediately, and bake it from  $1\frac{3}{4}$  to  $2\frac{1}{4}$  hours.

## COCO-NUT CAKE

Cream 6 oz. of butter with 8 oz. of castor sugar, and add 3 eggs, 1 at a time, then lightly stir in 1 lb. of flour, previously sieved with 1 teaspoonful of baking-powder, now add 2 oz. of desiccated coco-nut and lemon flavouring. Lastly, add a little milk to form the correct cake-batter consistency, divide the mixture into 2 or more well-papered and greased tins as preferred, and bake in a moderately warm oven. When cold, coat and decorate the top with chocolate icing, brush the sides over with warm jam, and sprinkle over with coco-nut chips.

## COCO-NUT ROCKS

Take 10 oz. of flour,  $\frac{1}{2}$  lb. of butter, 6 oz. of desiccated coco-nut, 8 oz. of castor sugar, and 2 or 3 eggs.

Beat the sugar and butter together; add the coco-nut and flour by degrees, then the eggs, still beating the mixture. Drop it in small spoonfuls on to a baking-tin (greased), and bake for about 8 minutes in a quick oven.

## COFFEE CAKE

Take  $\frac{1}{2}$  lb. of butter,  $\frac{1}{2}$  lb. of brown sugar,  $\frac{1}{4}$  lb. of golden syrup,  $\frac{1}{2}$  lb. of currants,  $\frac{1}{2}$  lb. of sultanas,  $1\frac{1}{2}$  lb. of flour,  $\frac{1}{2}$  oz. of baking-powder, 2 eggs,  $\frac{1}{2}$  oz. of nutmeg, cloves and cinnamon mixed, coffee, and a little milk.

Sieve the baking-powder and spices with the flour into a pan; add the sugar and butter, rub well together, make a well in the centre, pour in the syrup, add about  $\frac{1}{4}$  pint of strong cold coffee, break in the eggs, and beat well together; then mix in the other ingredients with a strong wooden spoon, using a little milk if not moist enough, mix in the fruit last, and then bake in a long square cake pan nicely papered.

## COMPIÈGNE CAKE

Take some brioche dough (*see* page 16), of sufficient quantity to  $\frac{1}{2}$  fill a flat round tin mould. Stand the

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mould on a stove until the dough rises to the border, then bake it in a moderate oven, and when cold ice over with vanilla icing.

### CORNFLOUR CAKES

Take 4 oz. of cornflour, 4 oz. of flour, 6 oz. of butter, 6 oz. of sifted sugar, and 2 eggs.

Melt the butter, then add the other ingredients; beat for 20 minutes. Lay into patty-pans, and bake in a warm oven.

### CREAM CAKES

Take  $\frac{1}{2}$  lb. of fresh butter, 1 pint of warm water,  $\frac{3}{4}$  lb. of sifted flour, 6 eggs,  $\frac{1}{2}$  pint of sweet milk, 3 tablespoonfuls of cornflour, 3 oz. of castor sugar, and a little vanilla or lemon flavouring.

Put the butter into a clean stewpan, add the warm water and slowly bring it to the boiling-point, stirring often. When it boils, put in the flour, continue stirring, and boil for 5 minutes, then turn it into a deep dish to cool. Break 5 eggs, and beat them well 1 at a time into the cool paste, drop the mixture in teaspoonfuls on to the greased paper, taking care they do not run into each other; set them on to a flat baking-sheet. Bake for 15 minutes. Boil the milk after mixing the cornflour with a little of it, beat up the remaining egg, and add to the cornflour; then pour the boiling milk on the egg, put in the sugar and a little vanilla or lemon flavouring, and about 1 oz. of fresh butter. Stir the mixture well until it is smooth and thick, then set it aside to cool. Split the cakes open with a sharp knife, fill up with cornflour custard, and dredge over with fine sugar.

### CURRENT CAKE, PLAIN

Take 8 oz. of butter, 6 oz. of lard, 12 oz. of sugar, 1 $\frac{3}{4}$  lb. of good self-raising flour, 1 lb. of currants

(cleaned), 3 eggs, and sufficient milk to moisten the dough. Add a little mixed spice, and proceed as in making Pound Cake.

## DOUGHNUTS

Take  $\frac{1}{2}$  pint of new milk,  $\frac{1}{2}$  oz. of compressed yeast, 1 egg, 2 oz. of sugar, 2 oz. of butter, flour, a little raspberry jam, and some lard for frying.

Make the milk warm, and dissolve the yeast in it; stir in about  $\frac{1}{4}$  lb. of flour and the sugar, cover over, and stand the mixture aside in a warm place where it will not be disturbed, and leave it to rise up and drop. When it drops it is ready, but it must not be touched until it has dropped. When ready, add the melted butter, the egg, and a pinch of salt; beat them well together, and then add sufficient flour to make a workable paste. Put the paste, when made, into a basin, cover over, and stand it aside in a warm place to prove; when well proved, turn out on to the board, dry over, and divide up into 2-oz. pieces, mould up round, then flatten the pieces out slightly with a rolling-pin, damp round the edges, lay 1 spoonful of raspberry jam in the centre, and gather the edges into the centre, forming them up into round balls with the jam in the middle; pinch them together firmly and lay them on a clean floured cloth as each one is worked. Cover over with another cloth when they have all been done, and stand them aside to prove. When they are light enough, have ready a pot of boiling lard on the stove, drop the doughnuts into it, cook them for about 7 minutes on one side and then turn them over and cook them the reverse way. Take up with a drainer on 3 or 4 thicknesses of clean kitchen paper, and when the doughnuts have all been cooked roll them into fine castor sugar, and serve.



## DUNDEE CAKE

Have ready 12 oz. of butter, 12 oz. of white sugar, 6 eggs, 16 oz. of flour, 12 oz. of currants (cleaned and picked), 6 oz. of raisins (stoned and chopped), 8 oz. of sultanas, 4 oz. of chopped mixed peel, the grated rind of  $\frac{1}{2}$  a lemon,  $\frac{3}{4}$  of a teaspoonful of ground cinnamon,  $\frac{1}{4}$  of a teaspoonful of grated nutmeg, a little milk if necessary,  $\frac{1}{2}$  a gill of brandy, and  $\frac{1}{4}$  of a lb. of almonds.

Cream the butter and sugar together in a basin, add the well-beaten eggs one at a time, the brandy, and stir quickly. Mix in the sieved flour and baking powder, the cleaned fruit, the almonds (peeled and chopped) and the lemon rind. If necessary add a little milk, but the mixture must not be too moist. Place the cake mixture in a prepared tin, sprinkle over the remainder of the almonds, and bake it in a moderate oven for from 2 to  $2\frac{1}{2}$  hours. When cooked and firm to the touch, place the cake on a wire sieve or rack to cool.

## GÂTEAU ST. HONORÉ

Take 6 oz. of fine flour, 3 oz. of butter, 2 oz. of sugar, 1 egg, and a little milk.

Rub the butter and sugar into the flour, make a bay, break the egg into a cup, beat it up with a fork, put  $\frac{1}{2}$  of it into the bay, add moisture and work into a stiff paste, using a little milk if required. Mould it up round, and then roll it out to about the size of a pudding plate, set it on to a clean tin, and let it stand for 2 hours, prick it all over with a fork, and then make up the following:  $\frac{1}{2}$  pint of water, 3 oz. of butter,  $\frac{1}{4}$  oz. of sugar, 4 oz. of flour, 3 eggs, a pinch of salt. Put the butter and water into a clean stewpan and set it over the fire; mix the sugar and flour together, and when the liquor boils turn in the flour, stir it well over the fire until it thickens and the whole of it can be lifted out of the pan with a spoon; then take it off the fire,



let it stand for a few minutes, and beat in the eggs 1 at a time with a large wooden spoon. When the whole of the eggs have been beaten in, put the mixture into a savoy bag with a plain tube, and lay a ring round the piece of paste prepared on the tin—lay the ring as near the edge as possible, but take care that it does not run over the edge on to the tin—and lay out the remaining paste in about 12 small buttons on another tin, and bake. When done, dredge some sugar over, and run it with a red-hot “salamander.”

Now boil up about  $\frac{1}{4}$  lb. of loaf sugar to nearly a Caramel (*see* page 178), put a skewer into the small buttons, dip them separately into the sugar syrup, and stick them round upon the ring of paste close together, place a glacé cherry in each one of the cakes, and further decorate with angelica. Now pile the centre up with whipped cream sweetened and flavoured as required, set it on a lace paper on a glass dish.

#### GENOA CAKE

Have at hand 12 oz. of sifted flour, 6 oz. of butter, 6 oz. of sugar (castor), 4 eggs, about 2 tablespoonfuls of milk or cream, the rind of 1 lemon (grated), 4 oz. of sultanas, 2 oz. of glacé cherries, and 2 oz. of almonds.

Put the butter into a mixing basin, and cream it thoroughly with a wooden spoon, then add the sugar, and beat well. Next stir in the eggs, previously well beaten, and add the milk or cream alternately with the sifted flour, and continue to beat the mixture well. Add the fruit (picked and cleaned), the cherries (cut up), also the grated lemon rind, and the almonds blanched and cut in shreds. Mix well and put all into a cake tin previously lined with greased paper. Bake in a moderately heated oven for about  $1\frac{1}{2}$  hours.

#### GINGER CAKES

Take 12 oz. of best butter,  $1\frac{1}{2}$  lb. of flour, 9 oz. of sugar,  $\frac{1}{2}$  pint of fresh cream, and 3 oz. of ginger.

Sift the flour on the paste board, make a hole in the centre, and put in the powdered sugar, the butter, the ginger and the cream. Mix the whole together into a stiff paste. Roll it out about  $\frac{1}{4}$  inch thick, and cut it into round cakes with a biscuit cutter. Put these on tin plates, previously floured over, and bake them in a quick oven.

### GINGER CAKE, PLAIN

Take  $\frac{1}{2}$  lb. of best butter,  $2\frac{1}{4}$  lb. of good self-raising flour, 1 lb. of sugar, 4 oz. of ginger, 4 oz. of finely-chopped orange peel, and 1 pint of water.

Mix these into a paste, and roll out as for the preceding cake. Before the cakes are baked prick them well all over.

### HONEY CAKES

Take 4 oz. of castor sugar, 4 eggs, 2 oz. of honey, 2 oz. of finely-chopped almonds, 2 oz. of finely-shredded candied peel,  $\frac{1}{2}$  lb. of best flour,  $\frac{1}{4}$  lb. of cornflour, 1 teaspoonful of baking-powder,  $\frac{1}{2}$  teaspoonful of ground ginger, and 1 teaspoonful of ground cinnamon.

Break the eggs into a basin and whisk up with the sugar until cream-like in consistency. Melt the honey and stir it into the above, add also the ginger and cinnamon and mix thoroughly. Sift the flour and blend with the cornflour and baking-powder; work this carefully into the above mixture, beat well, and add the almonds and candied peel. Have ready one large or several small cake moulds, fill them with the prepared dough and bake in a fairly hot oven from 30 to 40 minutes. Turn out and let cool. These cakes may be iced if liked with honey-flavoured chocolate icing, and ornamented on top with split almonds and glacé cherries.

### ICED CAKE

Take  $\frac{1}{2}$  lb. of flour,  $\frac{1}{2}$  lb. of currants,  $\frac{1}{2}$  lb. of sugar,  $\frac{1}{2}$  oz. of mace and cloves, 12 sweet almonds, 6 bitter

almonds, 6 oz. of butter, 3 eggs, 1 oz. of mixed peel, and 1 teaspoonful of bicarbonate of soda.

Blanch and split the almonds, and mix all the dry ingredients together. Warm the butter in a clean basin, add the sugar, and beat to a cream with the hand; add the eggs 1 at a time, beating well after each addition; when all are in, add the other ingredients, well mix, and turn out into a round papered and greased tin. Bake for about 1½ hours. When cold, cover with white icing and decorate to taste.

### INTERMEDIATE CAKES

Take 1 lb. of self-raising flour, 6 oz. of sugar, 7 oz. of butter, 8 oz. of finely-shredded orange and lemon peel, 6 oz. of currants (cleaned), and 1 pint of milk.

Rub the butter into the flour, add the sugar and milk. Mix the ingredients together, and finish in the same way as for Normandy Cakes.

### LEMON CAKE

Take 6 eggs, 1 tablespoonful of orange-flower water, ½ lb. of castor sugar, 1 lemon, and 1 lb. of flour.

Break the eggs into a clean basin, add the sugar, and beat up to a stiff batter with a wire egg whisk. Add the orange-flower water, the juice and rind of the lemon, continue the beating for 10 minutes, then take out the whisk, clean it off, add the flour (sifted), and mix it in with a spoon. Butter a cake mould with melted butter, dust it out with a little flour and sugar mixed, turn in the mixture, tie a greased paper round the top to prevent it running over, and bake for about 1½ hours in a moderate oven.

### LINZER CAKE

Work the following ingredients to a paste:—¾ lb. of ground almonds, ¾ lb. of butter, ¾ lb. of castor sugar,

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1 lb. of flour, 3 eggs, and a flavouring of mixed spice and lemon.

Roll out in circles, and bake in slow oven, then place 3 or 4 layers together and spread raspberry jam or apricot marmalade over each. Then mask over with dissolved apricot jam, cover over with a thin fondant icing, and decorate to taste with crystallized fruits.

### LUNCHEON CAKE

Take  $\frac{1}{2}$  lb. of butter or 6 oz. of good beef dripping, 1 lb. of flour,  $\frac{1}{2}$  lb. of currants, 6 oz. of moist sugar, 1 oz. of candied peel, 2 eggs,  $\frac{1}{2}$  pint of milk, and 2 small teaspoonfuls of baking-powder.

Rub the baking-powder and butter or dripping into the flour until it is quite fine; add the currants (which should be nicely washed, picked and dried), sugar, and candied peel cut into thin slices; mix these well together, and moisten with the eggs, which should be well whisked, and with the milk wet up the other ingredients into a nice soft cake batter. Grease a tin, pour the cake mixture into it, and bake it in a moderate oven from  $\frac{3}{4}$  to 1 hour.

### MADEIRA CAKE

Take 1 lb. of butter,  $1\frac{1}{2}$  lb. of flour,  $\frac{3}{4}$  lb. of castor sugar, the grated rind of 1 lemon, 2 thin slices of candied peel, 3 to 4 eggs, and a little milk.

Put the butter and sugar into a clean pan, add the grated rind of 1 lemon, and with the hand beat it up to a very light cream; add the eggs 1 at a time, and beat well after each addition; then add a little milk; when all are in and the batter is very light and creamy, add the flour, stir it in lightly with the hand, and when well mixed divide the mixture equally into 3 or 4 round tins, papered at the bottoms and sides with greased white paper; dust sugar over from a dredger, and lay 2 very thin slices of citron peel on top. Bake in a moderate oven. They will take from 1 to  $1\frac{1}{4}$  hours to bake.

**MADEIRA CAKE, RICH**

Take 1 lb. of butter,  $1\frac{1}{4}$  lb. of sugar,  $1\frac{1}{4}$  lb. of good self-raising flour,  $\frac{1}{2}$  pint of milk, and 6 eggs.

Beat the butter to a cream, put in the sugar, and mix thoroughly for several minutes, then add the eggs, 3 at a time, stirring well between whiles. Add the self-raising flour with the milk, and mix up again. Put the cakes into a tin hoop lined with paper, brush over the top with some white of egg mixed with a little sugar syrup, laid on evenly. Put a few strips of citron peel on each cake, and bake them in a moderate oven.

**MADELEINE CAKES, CHEAP**

Take 1 lb. of flour, 12 oz. of castor sugar, 4 oz. of butter, 3 eggs, and a little lemon rind.

Break the eggs into a basin, add the sugar, and whisk over a gentle fire until it is light and smooth. Remove, and stir in the flour and melted butter. Put the paste into deep fancy moulds, and bake in a quick oven.

**MADELEINE CAKES, RICH**

Take the weight of 6 eggs in flour and castor sugar. Then break the eggs and put them into a basin, add the sugar, and whisk well together until it is light and smooth. Melt 4 oz. butter and stir it into the eggs, together with the flour and a little grated lemon-rind. Bake in small greased and floured fancy tins in a hot oven.

**MARBLE CAKE**

Take 2 teacupfuls of flour, 1 cupful of castor sugar,  $\frac{1}{2}$  cupful of butter,  $\frac{1}{2}$  cupful of milk, 3 whites of eggs,  $\frac{1}{2}$  teaspoonful of cream of tartar, and  $\frac{1}{4}$  teaspoonful of bicarbonate of soda for the white part, and  $2\frac{1}{2}$  cupfuls of flour,  $\frac{1}{2}$  cupful of butter, 1 cupful of brown sugar,



$\frac{1}{2}$  cupful of treacle,  $\frac{1}{2}$  cupful of milk, 2 eggs,  $\frac{1}{2}$  teaspoonful of bicarbonate of soda,  $\frac{1}{2}$  teaspoonful of cream of tartar, cloves, cinnamon, and mace for the dark part.

Prepare and mix each part separately as follows :— Sift the cream of tartar and bicarbonate of soda well with the flour on the board. Then cream up the butter and sugar, adding the eggs as described in previous mixtures ; then mix in the flour. For the dark part the treacle and spice should be beaten up with the butter and sugar. When both batters have been well mixed up, have prepared two or more square papered and greased frames or tins, laying the colours in alternately, and when all the batters have been used up, finish by spreading them out evenly on top, using the back of a spoon for the purpose. Then put them in a moderate oven and bake from 1 to 2 hours, according to size. When done, turn out on to a clean wire or tray, and when cold, ice over with a little white icing, and marble with a feather dipped in cochineal or liquid carmine.

### MOCHA CAKE

Proceed as directed in ORANGE CAKE, substituting coffee icing for orange icing.

### NEAPOLITAN CAKES

Take  $\frac{1}{4}$  lb. of butter, the same quantity of flour, sugar and ground almonds, apricot or any other jam, a few preserved cherries, 1 egg, and  $\frac{1}{2}$  lb. of icing sugar.

Rub the butter into the flour and add the ground almonds and sugar, then mix to a paste with the egg. Roll the paste rather thin, cut it in rounds with a plain or crinkled cutter, and bake till yellow in a moderate oven (about 20 minutes) on a greased tin. When cold, spread each round with jam, and place one over the other evenly. Mix the icing sugar with a little hot water, beat it well and ice the cakes, decorating them with the cherries.



## NORMANDY CAKES

Take 1 lb. of self-raising flour, 6 oz. of sugar, 8 oz. of butter,  $\frac{1}{2}$  pint of milk, and a little orange-flower water.

Rub the butter into the flour, then add the sugar and milk. Mix up into a moderately stiff paste, and twist into small oval rings. Brush over with beaten egg, mark across with a knife 4 times each way, to form diamonds, and bake in a hot oven.

## ORANGE CAKE

Take 2 eggs and their weight in butter, sugar and flour, the finely-grated rind of 1 orange, 1 tablespoonful of orange-juice,  $\frac{1}{2}$  teaspoonful of baking-powder. For the mixture: 4 oz. of castor sugar, 1 oz. of butter, 3 tablespoonfuls of orange-juice, finely-grated rinds of 2 oranges, 2 yolks and 1 white of eggs.

Cream butter and sugar, add each egg separately, sieve and add the flour and baking-powder, and stir in the orange rind and juice. Bake in a round shallow tin from 25 to 35 minutes. Meanwhile prepare the mixture, beating the sugar and butter together before adding remaining ingredients. Let the cake get cold, then split it, spread on the mixture, replace the upper half, and decorate with orange icing. The mixture must be cooked and stirred until it thickens, and used when cold.

## PARKIN

Take 4 lb. of fine oatmeal, 3 lb. of treacle or golden syrup, 6 oz. of butter or lard,  $\frac{1}{4}$  lb. of brown moist sugar, 1 oz. of ground ginger, and a little milk.

Let the treacle warm gradually by the side of the fire until it becomes quite liquid. Rub the butter or lard into the oatmeal, add the sugar and ginger, and stir in the treacle with a wooden spoon. The vessel which held the treacle should be rinsed out with beer, but milk may be substituted. This is added gradually

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until the right consistency is obtained. The mixture must be smooth, but not drop too easily from the spoon. Have ready some greased Yorkshire pudding tins, pour in the mixture, and bake in a steady oven until the centre of the parkin feels firm (from 1 to 1½ hours). As the mixture improves by being allowed to stand, each cake should be baked separately when the oven is a small one. Let the parkin cool slightly, then cut it into squares, remove them from the tin, and when cold place them in an air-tight biscuit tin. The parkin may be kept for months.

### PLUM CAKE

Take 1 lb. of butter, 2 lb. of sugar, 4 lb. of good self-raising flour, 8 oz. of currants, 10 oz. of sultanas, 5 eggs, and 2 pints of milk.

Melt the butter and beat it to a cream. Add the sugar, eggs, flour, and fruit; mix well together. Put the paste in the tins and bake in a quick oven.

### PLUM CAKE (Without Eggs)

Take 1 lb. of flour, ¼ lb. of butter, ½ lb. of sugar, ½ lb. of currants, ¼ lb. of sultanas, 4 oz. of candied peel, ½ pint of milk, ½ teaspoonful carbonate of ammonia, and a pinch bicarbonate of soda.

Put the flour into a basin with the sugar, bicarbonate of soda, currants, sultanas, and sliced candied peel; beat the butter to a cream, and mix all these ingredients together with the milk. Stir the ammonia into 2 tablespoonfuls of milk; add it to the dough, and beat the whole well until everything is mixed. Put the batter into a greased tin, and bake the cake from 1½ to 2 hours.

### PORTUGUESE CAKE

Take 1 lb. of sugar, 4 oz. of rice flour, 4 oz. of ordinary flour, 8 oz. of ground almonds, and 1 oz. of vanilla sugar.

Break 4 eggs, putting the yolks in one basin and the whites in another. Add the ground almonds and the sugar to the yolks, with the vanilla sugar. Work the paste well until it is light, which will take 10 minutes or more; then whisk the whites to a froth, add  $\frac{1}{3}$  of the whites to the yolks, and stir in the flour and the rice flour. Pour in the remainder of the whites, and mix gently together into a smooth paste. Place this into so-called "Portugais" moulds and bake in a moderate oven. When cold, trim each piece smooth, place one on the other, with currant jelly between and on the top and sides of each. Ice over with orange fondant icing, and ornament as desired.

### POUND CAKE

Take 1 lb. of the best butter, 12 oz. of sugar, 5 or 6 eggs, 14 oz. of flour, and the grated rind of 2 lemons.

Melt the butter and beat it to a cream, add the sugar and stir until it becomes white, mix the eggs in 1 at a time, then add the flour and lemon-rind. Mix all well together, and bake the cakes in small round hoops with three thicknesses of paper around and beneath. Put them on iron plates with sawdust or ashes under them, and bake in a quick oven.

### QUEEN CAKES

Take 1 lb. of flour,  $\frac{1}{2}$  lb. of butter,  $\frac{1}{2}$  lb. of castor sugar, 1 or 2 eggs, 1 teacupful of cream, or less of milk,  $\frac{1}{2}$  lb. of currants, 1 teaspoonful of baking-powder, and essence of lemon, or almonds, to taste.

Sieve the baking-powder well with the flour on to a sheet of paper. Put the butter, sugar and cream or milk into a clean basin, and beat up to a light cream. Add the eggs 1 at a time. When all the eggs are in, add the flour and fruit, and moisten with milk to the consistency of cake-batter. Put it into small greased tins, and bake the cakes from  $\frac{1}{4}$  to  $\frac{1}{2}$  hour. Grated

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lemon-rind may be substituted for the lemon and almond flavouring, and will make the cakes equally nice.

### RAISIN CAKE

Take  $\frac{3}{4}$  lb. of butter, 1 lb. of fine flour, 1 lb. of castor sugar, 4 eggs, 1 teaspoonful of nutmeg, 1 teaspoonful of baking-powder, and 1 lb. of stoned raisins.

Beat the butter to a cream, then add the sugar and nutmeg, and well beat. Add the eggs 1 at a time, beating well after each addition, and when all are in, add the flour with the baking-powder sifted in. Then mix in the stoned and chopped raisins. Bake in a paper-lined greased tin for  $1\frac{1}{4}$  hours in a moderate oven.

### RICE CAKE

Take  $\frac{1}{2}$  lb. of ground rice,  $\frac{1}{2}$  lb. of flour,  $\frac{1}{2}$  lb. of castor sugar, 3 or 4 eggs, a few drops of essence of lemon, or the grated rind of  $\frac{1}{2}$  a lemon,  $\frac{1}{2}$  lb. of butter or margarine, and a little milk.

Sieve the rice and flour together on to a sheet of paper. Put the butter or margarine into a clean basin, add the yellow rind of the lemon grated, and beat to a cream. Add the eggs 1 at a time, and when all are in, add the flour, moisten to cake-batter consistency, using a little milk if necessary. Turn into 1 or 2 greased moulds, and bake in a moderate oven from 1 to 2 hours.

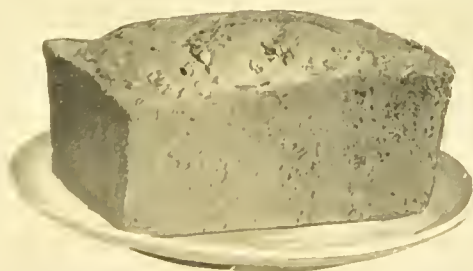
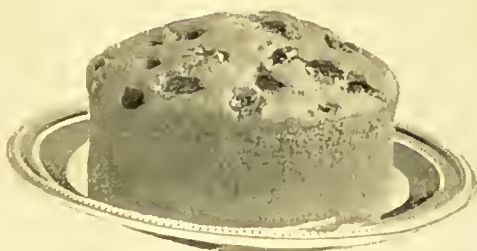
If preferred, the cake may be flavoured with essence of almonds.

### ROCK CAKES

Take 6 oz. of butter or 5 oz. of dripping, 1 lb. of flour, 6 oz. of moist sugar, 2 eggs, 1 teaspoonful of essence of lemon,  $1\frac{1}{2}$  teaspoonfuls of baking-powder, and a little milk.

Rub the butter, flour, baking-powder and sugar well together (the flour should be dried and sifted);

## PLAIN CAKES

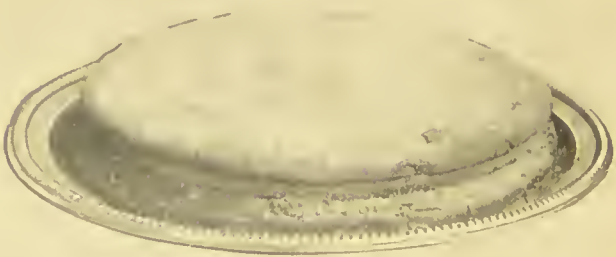
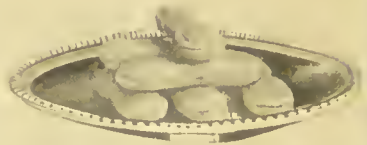
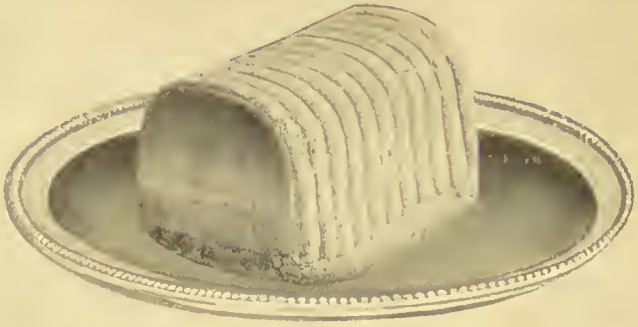


1. Savoy Cake Mould.

2. Madeira Cake.

3. Currant Cake.

## SPONGE CAKES



1. Sponge Cake Mould.      2. Sponge Cakes.      3. Sponge Fingers.  
4. Victoria Sandwich.



mix in the eggs well beaten, the essence of lemon, and  $\frac{1}{2}$  gill of milk. Drop the cake mixture, which should be fairly stiff, upon a baking-tin as roughly as possible, and bake for a  $\frac{1}{4}$  hour in a rather quick oven.

*Note.*—Currants or peel can be added if liked.

### RUSSIAN CAKE

Take about  $1\frac{1}{2}$  lb. of Genoa cake mixture (*see* page 71), about  $\frac{3}{4}$  lb. of almond paste, 1 oz. of chocolate, cochineal, and some apricot jam.

Prepare a Genoa cake mixture, divide it into 3 equal portions, mix 1 part with the chocolate previously melted or grated, and 1 part with a few drops of cochineal, leaving the third part plain. Bake each lot separately in a well-greased flat cake tin. When baked, turn on a wire sieve and let cool. Carefully line a square or oblong cake tin with the almond paste. Melt some apricot jam, and rub it through a sieve. Cut the cake into even-sized long strips about  $\frac{1}{2}$  inch thick. Arrange these in alternate colours, and place them in layers neatly into the almond-paste lined tin, spreading each layer with some jam, and proceed thus until the tin is filled. Spread a little more jam on the top, and cover with almond paste. Let the tin stand in a cool place for about 1 hour. Unmould carefully and cut crosswise into neat slices. The cake, when cut into slices, should look like parts of a draught-board.

### SAFFRON CAKE

Take 2 lb. of flour,  $\frac{1}{2}$  oz. of yeast, 1 lb. of butter, 4 eggs,  $\frac{1}{4}$  lb. of Malaga raisins,  $\frac{1}{4}$  lb. of currants,  $\frac{1}{2}$  lb. of sugar, and  $\frac{1}{4}$  of a dram or a pinch or two of saffron.

Dissolve the yeast in  $\frac{1}{2}$  pint of tepid water, put it into a clean basin, and stir in sufficient flour to make a nice soft dough. Well knead it, and leave it in the basin covered over in a warm place to prove. When well proved, take the remaining flour, turn it out on

to the board, make a bay in the centre, put in the butter and sugar, and rub these together till smooth; then add the eggs and a piece of fermented dough, and mix all well up together, mixing in the whole of the flour, and adding the saffron liquor which has been previously infused in  $\frac{1}{4}$  pint of warm water and strained. Well and thoroughly mix by rubbing it on the board, then add the raisins stoned and cut up, and the currants previously cleaned; then turn it into a large well-greased mould, or 2 smaller ones, stand it aside to prove and, when well proved, bake in a moderate oven from  $1\frac{1}{2}$  to 2 hours.

### SAND CAKE

Take  $\frac{1}{2}$  lb. of cornflour, 1 oz. of rice flour, 6 oz. of butter, 6 oz. of castor sugar, and 2 eggs.

Sieve the 2 flours together, beat the butter and sugar until quite white and creamy. Break in each egg separately and beat very well, then carefully stir in the flours. Grease a tin mould and dust with flour, or some finely-powdered Savoy cake; put in the mixture and bake in a moderate oven. When cold dredge with icing sugar.

### SAVOY CAKE

Take the weight of 4 eggs in castor sugar, the weight of 6 eggs in flour, 7 eggs, and a little grated lemon-rind, or essence of almonds, or orange-flower water.

Break the eggs, putting the yolks into 1 basin and the whites into another. Whisk the former, and mix with them the sugar, the grated lemon-rind, or any other flavouring to taste; beat them well together, and add the whites of the eggs whisked to a froth. Continue to beat the mixture for  $\frac{1}{4}$  hour, take out the whisk, sieve in the flour, and mix it in with a wooden spoon. Grease a mould, dust it out with sugar and flour, pour in the cake mixture, and bake it from  $1\frac{1}{4}$  to  $1\frac{1}{2}$  hours. This is a very nice cake for dessert,

and may be iced for a supper-table, or cut into slices and spread with jam, to convert it into sandwiches.

### SCOTCH CAKES

Take 3 lb. of flour,  $1\frac{1}{2}$  lb. of butter or margarine,  $1\frac{1}{2}$  lb. of brown sugar,  $\frac{1}{2}$  oz. of caraway seeds,  $\frac{1}{2}$  oz. of cinnamon, and  $\frac{1}{4}$  lb. of citron peel cut into small pieces.

Cream the butter and sugar, add the flour and flavouring, and make up into rather a light paste; use a little milk if necessary. Bake in small greased cake tins.

### SCOTCH OAT CAKES, RICH

Take 2 lb. of oatmeal, 6 oz. of flour, 2 oz. of sugar,  $\frac{1}{2}$  lb. of butter and lard,  $\frac{1}{2}$  oz. of bicarbonate of soda,  $\frac{1}{4}$  oz. of tartaric acid, a little salt, and milk.

Weigh the flour and meal on to the board, take the soda, acid and salt, and rub these ingredients through a fine hair sieve on to the flour and meal, then add the sugar and fat and rub together until smooth; make a bay or hole in the centre, and work into a smooth paste with milk, taking care not to have it too dry or tight, or considerable trouble will be experienced in rolling out the cakes, as they will be found very short. Having wet the paste, take small pieces about the size of an egg, and roll these out thin and round with a small rolling-pin, dusting the board with a mixture partially of oatmeal and flour. When rolled down thin enough, take a sharp knife and cut them in 4, place them on clean flat tins, and bake for about 20 to 25 minutes in a warm oven. These cakes require very careful handling, or they will break all to pieces.

### SCOTCH OAT CAKES

Take  $\frac{1}{2}$  lb. of double-dressed Scotch oatmeal,  $\frac{1}{2}$  oz. of fat or butter, and 1 good pinch of bicarbonate of soda.

Put about  $\frac{1}{2}$  lb. of meal into a 1-pint basin, and have a

teacup, into which put a small piece of butter, or lard, the size of a small hazel-nut, and a pinch of bicarbonate of soda ; pour on this about  $\frac{1}{2}$  teacup of hot water, stir until the butter is melted and soda is dissolved, then mix quickly with the meal in the basin with the point of a knife, and when the mixture is thoroughly stirred, turn it out on a paste board, and mould it quite compactly, keeping it round and flat, and with the knuckles spreading it gradually, taking care that it does not crack at the edges ; strew plenty of dry meal over it to roll it out with the crimped roller, and every now and then rub the surface with the flat of the hand to disengage all superfluous meal ; when rolled as thin as a pennypiece, and fairly round, put the knife in the centre and divide it into 3, then, having the griddle over the fire, lay the cakes on the hot iron, the plain side down, and as the cakes get done move them in succession from a cool spot to a hotter. They should take about 10 minutes. By pressing the nail on the surface, if they are not doughy it is a sign that they are sufficiently baked. With care the cakes can be baked in a greased frying-pan with a trivet underneath. Now move them from over the fire on to the toaster before the fire, and watch that they dry gradually, for they will soon burn, and as they are taken from the fire stand them carefully on edge till they are quite cold. While this is proceeding over the fire, mix more cakes, and when 1 is ready to go to the toaster, fill up the vacant place. The thick cake commonly eaten by the working classes is made by putting a quantity of meal in a wooden bowl or can, adding cold water at discretion, mixing in a compact mass, and then kneading it into shape wholly with the knuckles, and proceeding as above described.

### SCOTCH SHORTBREAD

Take 2 lb. of flour,  $\frac{1}{4}$  lb. of cornflour or ground rice, 1 lb. of butter,  $\frac{1}{4}$  lb. of castor sugar, 1 oz. of sweet

almonds, and a few strips of candied orange peel.

Beat the butter to a cream, add gradually the flour, sugar, and sweet almonds, blanched and shredded. Knead until it is quite smooth, divide into 6 pieces, each cake on a separate piece of paper, roll out square to the thickness of 1 inch, and pinch round the edges. Prick well with a skewer, ornament with 1 or 2 strips of candied orange peel, and bake in a moderately hot oven from 25 to 30 minutes.

### SEED CAKE, COMMON

Take  $\frac{1}{2}$  quartern of dough,  $\frac{1}{4}$  lb. of good beef dripping, 10 oz. of moist sugar,  $\frac{1}{2}$  oz. of caraway seeds, and 1 egg.

If the dough is sent from the baker's, put it in a basin covered with a cloth, and set it in a warm place to rise. Then spread it out over the board, add and rub together all the ingredients until they are thoroughly mixed. Put the mixture into a greased tin, and bake the cake for rather more than 2 hours.

### SEED CAKE, VERY GOOD

Take  $\frac{3}{4}$  lb. of butter, 6 eggs,  $\frac{3}{4}$  lb. of castor sugar, pounded mace, caraway seeds, and grated nutmeg to taste, and 1 lb. of flour.

Beat the butter to a cream, add the sugar, mace, nutmeg, and caraway seeds, and beat these ingredients well together. Whisk the eggs and beat them gradually into the mixture; then mix in the flour, using a little milk, if necessary, to bring it to cake-batter consistency. Put it into a tin lined with greased paper, and bake it from  $1\frac{1}{2}$  to 2 hours in a moderate oven. This cake would be equally nice made with currants, omitting the caraway seeds.

### SODA CAKE

Take 1 lb. of flour,  $\frac{1}{4}$  lb. of butter or beef dripping,  $\frac{1}{2}$  lb. of castor sugar,  $\frac{1}{2}$  lb. of currants, 1 egg, a gill of



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butter-milk, 1 teaspoonful of bicarbonate of soda, mace and nutmeg to taste.

Rub the butter or dripping into the flour, add the sugar, currants and flavouring. Beat the egg well, add it to the dry ingredients, and well mix, leaving a tablespoonful of the milk to dissolve the soda, adding this just before putting into the oven, and well mix it through the batter. Bake in greased moulds—about 20 to 30 minutes. Prick with a knitting needle or small skewer; if this comes out clean the cakes are sufficiently done.

### SOLFERINO CAKE

Take 8 oz. of savarin dough (*see* page 55), and 4 oz. of finely-chopped orange and citron peel.

Mix the fruit with the dough, and put the dough into a large "Solferino" mould. Place the mould in a warm place until the dough rises to the border of the mould, then bake in a moderate oven. When cold, put some apricot jam over the surface, and fill up the hole with cream.

### SPONGE CAKE

Take 8 eggs, their weight in castor sugar, the weight of 5 in flour, and the rind of 1 lemon.

Put the eggs into 1 side of the scale, and take the weight of 8 in castor sugar, and the weight of 5 in good *dry* flour. Separate the yolks from the whites of the eggs; beat the former, put them into a saucepan with the sugar, and let them remain over the fire until *milk-warm*, keeping them well stirred. Then put them into a basin, add the grated lemon-rind, and beat these ingredients well together. Whisk the whites of the eggs to a stiff froth, stir them into the other ingredients, and beat the cake well for  $\frac{1}{4}$  hour. Then take out the whisk, sieve in the flour, and mix it lightly with a wooden spoon. Put it into a greased mould, dusted out with a little finely-sifted sugar and flour,



and bake the cake in a quick oven for  $1\frac{1}{2}$  hours. Care must be taken that it is put into the oven immediately or it will not be light. The flavouring of this cake may be varied by adding a few drops of essence of almonds, instead of the grated lemon-rind.

### SPONGE CAKES (Another Method)

Take  $\frac{1}{2}$  lb. of castor sugar,  $\frac{1}{4}$  pint of water, 5 eggs, 1 lemon,  $\frac{1}{2}$  lb. of flour, and  $\frac{1}{4}$  teaspoonful of carbonate of ammonia.

Boil the sugar and water to form a thick syrup; let it cool a little, then pour it to the eggs (whisked), mix and beat for 15 minutes. Grate the lemon-rind, mix the carbonate with the flour, and stir these lightly to the other ingredients; then add the lemon-juice. When thoroughly mixed, pour into small greased moulds, and bake in a quick oven for about 45 minutes.

### STANLEY CAKE

Take a large savarin mould, about  $\frac{1}{2}$  fill it with savarin dough (*see* page 55), and stand the mould on a stove until the paste rises to the border. Bake in a moderate oven. When cold, dip the dough into some almond syrup (*see* page 187), specially prepared. Put apricot jam on the surface, ice over with a clear icing, and fill up the hole with whipped cream (*see* page 15), in the shape of a pyramid.

### SWISS ROLL

Take 2 eggs, 4 oz. of flour, 4 oz. of castor sugar, 1 teaspoonful of baking-powder, a little warm jam, and 1 tablespoonful of milk.

Sieve the flour and baking-powder. Whisk the eggs and sugar until creamy, stir the flour lightly in, turn into a greased tin and bake from 8 to 10 minutes in a hot oven. Turn out upside down on to a sugared paper, spread on the jam, and roll up firmly.

## TEA-CAKES

Take 2 lb. of flour,  $\frac{1}{2}$  teaspoonful of salt,  $\frac{1}{4}$  lb. of butter, margarine or lard, 1 egg,  $\frac{1}{2}$  oz. of distillery yeast, and a little warm milk.

Put the flour, which should be perfectly dry, into a basin, mix with it the salt, and rub in the fat ; make a bay, pour in the yeast dissolved in a little warm milk, add the egg, and then sufficient warm milk to make the whole into a smooth paste, and knead it well. Let it rise near the fire, and when well risen form it into cakes ; place them on tins, let them rise again before placing them in the oven, and bake from  $\frac{1}{4}$  to  $\frac{1}{2}$  hour in a moderate oven. These cakes are also very nice with the addition of a few currants and a little sugar to the other ingredients, which should be put in after the paste is moistened. The cakes should be buttered and eaten hot as soon as baked ; but, when stale, they are very nice split and toasted ; or, if dipped in milk, or even water, and covered with a basin in the oven till hot, they will be almost equal to new.

## TEA-CAKES, SMALL

Take 2 teacupfuls of flour, 1 teacupful of ground rice,  $1\frac{1}{2}$  of moist sugar, 2 oz. of butter, 2 oz. of lard or dripping, 1 egg, lemon to taste, and a little milk.

Melt the dripping or lard, beat well, and add the mixture to the flour, rice and lemon ; then put in the egg and sugar, well beating them together with a wooden spoon, and using a little milk if necessary to give the proper consistency, then bake in small cakes on a tin in a quick oven.

## TENNIS CAKE

Take 1 lb. of flour,  $\frac{3}{4}$  lb. of butter,  $\frac{1}{2}$  lb. of castor sugar,  $\frac{1}{2}$  lb. of chopped raisins, 2 oz. of almonds, 3 oz. of shredded candied peel, the grated rind and juice of 1 lemon, 5 or 6 eggs, preserved cherries, angelica, 1 gill of milk, and some white sugar icing.

Sieve the flour on to a piece of paper. Stone the raisins and cut them up. Blanch the almonds, dry them in front of the fire, or in the oven, and chop them up into neat pieces. Put the sugar and butter into a clean basin, and beat these ingredients up to a light cream, add the flavouring, and then beat in the eggs 1 at a time. When all the eggs have been beaten in, add the flour and fruit, and well mix, using a little milk, if necessary, to bring it to cake-batter consistency. Line a cake tin with greased white paper, put in the cake, and bake it in a well-heated oven for about  $1\frac{1}{2}$  hours. Ice the cake with white icing, and before it is set, ornament it with cherries and angelica, the latter cut as leaves; any other icing may be used, and any garnish fancied.

*Note.*—An iced cake gives scope for a great many pretty ornamentations.

#### VANILLA CAKE

Take  $\frac{1}{4}$  lb. of butter, 6 oz. of castor sugar, 1 or 2 eggs,  $\frac{1}{2}$  teacupful of new milk,  $\frac{3}{4}$  lb. of dry flour, 1 teaspoonful of baking-powder, and a little essence of vanilla.

Beat the butter to a cream, add the sugar and beaten egg yolks, beat the mixture for some minutes, then add the whites. Put the baking-powder in the flour, add it, and beat well, adding a few drops of essence of vanilla, and using the milk to bring it to proper consistency. Finely-cut candied peel may be added, or substituted for the vanilla, if preferred. Put into a greased tin, and bake for 1 hour.

#### VICTORIA OR JAM SANDWICHES

Take 6 oz. of flour, 4 oz. of castor sugar, 2 oz. of butter, 3 eggs, 1 teaspoonful of baking-powder, a little milk, jam, and salt to taste.

Stir the sugar and yolks of eggs together until thick and creamy, then add the butter melted. Pass the

flour, baking-powder and a good pinch of salt through a sieve, stir it lightly into the rest of the ingredients, and add milk by degrees until the mixture drops readily from the spoon. Now whisk the whites of eggs stiffly, stir them in as lightly as possible, and pour the preparation into a well-greased Yorkshire pudding tin. Bake in a moderately hot oven for about 20 minutes, let it cool, split in halves, spread thickly with jam, replace the parts, and press lightly together. Cut into finger-shaped pieces, arrange them in groups of 3, letting the layers cross each other, sprinkle liberally with castor sugar, and serve.

### WALNUT CAKE

Coat a Genoa or Savoy cake with coffee icing and decorate with royal icing and walnuts. Shredded walnuts may be mixed with the Genoa mixture before baking, if liked.

### WEBSTER CAKE

Take  $\frac{1}{2}$  a medium-sized cup of butter or good beef dripping,  $\frac{1}{2}$  cup of sugar, 1 egg, 3 cups of flour,  $\frac{1}{2}$  cup of milk,  $\frac{1}{2}$  cup of currants, a little nutmeg, and 2 teaspoonfuls of baking-powder.

Mix and beat the above ingredients till thoroughly blended, then put into a greased mould, and bake for  $\frac{1}{2}$  hour in a moderate oven.

### WEDDING CAKE

Prepare the following ingredients :—2 lb. well-sifted flour, 1 lb. of butter, 1 lb. of sugar, 8 oz. of sweet almonds, 4 oz. of allspice and crushed cinnamon, 9 or 10 eggs, a glass of rum, or French brandy, 1 lb. of orange and lemon peel,  $1\frac{1}{2}$  lb. of citron, and 2 lb. of currants.

Melt the butter and work it to a cream. Add the castor sugar, with the allspice and crushed cinnamon, and stir it thoroughly for several minutes. Then break

in 3 or 4 eggs, and mix well for a few more minutes. Next add 3 more eggs and stir again, and so on until all the eggs are stirred in. Have the currants carefully cleaned and picked over, and the candied orange, citron, and lemon peel chopped up finely. Add them with the almonds and mix them in. Mix the whole well together, add the sifted flour and pour in the brandy or rum, and the cake is ready for the oven. Put it into a tin hoop, with sheets of clean writing paper, or buttered paper, on the inside, and bake it in a hot oven. To Ice, *see* following Recipes.

### WEDDING CAKE, RICH

Take the following ingredients:—2 lb. of best butter, 2 lb. of sugar, 2 lb. of ground almonds, 2 lb. of best flour, 1 lb. of orange and lemon peel, 2 lb. of citron, 4 lb. of currants, 1 oz. of mixed ground spice, 9 or 10 eggs, and 1 glass of best French brandy. Melt the butter, and proceed in making as for the cake in the preceding recipe.

### TO ICE A CAKE

Take  $\frac{3}{4}$  lb. of icing sugar sieved quite free from lumps, the whites of 2 eggs, and a little orange-flower water.

Beat the eggs to a stiff froth, and gradually sift in the sugar, which should be reduced to the finest possible powder, add the orange-flower water and beat until quite smooth. While the cake is still warm pour and smooth the icing evenly over it; then dry in a moderate heat to harden the icing. The heat must not be too great or the icing will be discoloured.

### TO ICE A WEDDING CAKE (Royal Icing)

Take  $1\frac{1}{2}$  lb. of confectioner's icing sugar finely sieved, the whites of 3 or 4 eggs, and the juice of 1 lemon.

Icing sugar can now be obtained from almost every grocery store, or failing that, a pastrycook would supply the quantity required. Having procured the



sugar, take a very clean basin and spoon, turn in the sugar, and carefully break in the whites of the eggs; add a small pinch of blue, and then proceed to beat up the icing. When well beaten and smooth add the strained juice of 1 lemon, then beat it up thoroughly until it will stand up in the pan. Now take the cake and set it on an inverted plate, or if you have it, a regular turn-table used by confectioners for the purpose. Take up, with a spoon, sufficient icing to cover the top, and lay it upon the centre of the cake. Now take a large pliable palette-knife and spread the icing level on top. Then take up small portions of the icing with the point of the palette-knife, spread it smoothly round the side, and when the cake is completely enveloped, stand it aside in a warm place to dry. During the time the cake is drying and as soon as it is hard enough, a thin sheet of paper should be lightly laid right over the top to prevent the dust from spoiling the colour of the cake.

#### TO ICE A WEDDING CAKE (Another Method)

Take the whites of 1 or 2 eggs, 1 lb. of icing sugar, and some lemon or vanilla flavouring.

Grind and sift the sugar, and add it to the well-beaten whites of eggs and the flavouring. Beat until the icing mixture is firm and stiff, then proceed as in preceding recipe.

*Note.*—For Icings, Fillings, etc., see page 181.



## CHAPTER IV

### BUNS AND SCONES

#### BATH BUNS

Take  $1\frac{1}{4}$  lb. of flour, 10 oz. of sugar nibs,  $1\frac{1}{2}$  oz. of compressed yeast,  $\frac{1}{2}$  lb. of butter, the yolks of 4 and the whites of 2 eggs, water, candied peel, and a little essence of lemon.

Dissolve the yeast in  $\frac{1}{2}$  gill of tepid water, mix with it the eggs and  $\frac{1}{4}$  lb. of flour; beat the mixture up in a bowl, and set it before the fire to rise. Rub the butter well into 1 lb. of flour, add the sugar, and put in the peel cut into small cubes. When the sponge has risen sufficiently, mix all the ingredients together, throw over it a cloth, and set it again to rise. Grease a baking-tin, form the buns, place them on the tin, brush over with yolk of egg and milk. Bake in a quick oven, about 20 minutes.

#### CHELSEA BUNS

Take  $\frac{1}{2}$  oz. of compressed yeast,  $\frac{1}{2}$  pint of tepid milk, 1 lb. of flour, 2 oz. of butter or lard, 1 oz. of currants,  $\frac{1}{2}$  oz. of candied lemon peel, 2 oz. of castor sugar, 1 egg, and a pinch of salt.

Crumble up the yeast, and mix it with a little milk and a teaspoonful of sugar. Sift the flour into a basin, make a well in the centre of the flour, pour in the dissolved yeast, and make a ferment batter, using a little of the flour and almost  $\frac{1}{2}$  gill of milk. Cover, and allow to stand for about  $\frac{1}{2}$  hour. Add the salt to the flour, and stir in the remainder of the milk, then

beat up to a light dough, working in the sugar, egg, and the fat, previously melted (just warm). When the dough is well kneaded, cover it with a cloth, and allow it to prove for about 20 minutes. Lastly, work in the peel cut into shreds, also the currants, then make up into buns of even size and shape. Place them on a clean baking-sheet, prove for another 10 minutes, then brush over with sweetened milk or egg wash, and bake for about 20 minutes in a quick oven.

### CURRENT BUNS

Take 2 lb. of flour (sifted), 8 oz. of butter, 4 oz. of sugar, 6 oz. of currants (cleaned),  $\frac{1}{2}$  oz. of yeast, and sufficient milk to form a paste of the same consistency as ordinary dough.

Rub the butter, sugar, and flour well together. Make a hole and add the yeast, and sufficient warm milk. Then work with your hands until it is perfectly smooth and binding. Let the paste stand in a warm place to rise double the size, and when sufficiently risen mix in the currants and make up the paste into small buns. Place them on iron baking-tins, and again allow them to rise in a warm place. When they are ready, bake in a hot oven, then brush over with a plain syrup whilst hot.

### HOT CROSS BUNS

Take 2 lb. of flour,  $\frac{1}{2}$  lb. of sugar, 1 oz. of yeast, 1 pint of warm milk,  $\frac{1}{2}$  lb. of butter, 1 lb. of currants,  $\frac{1}{2}$  teaspoonful of salt, and 1 teaspoonful of mixed spice.

Mix the flour, sugar, spice and currants; make a hole in the middle of the flour, put in the yeast and  $\frac{1}{2}$  pint of warmed milk; make a thin batter of the surrounding flour and milk, and set the pan covered before the fire until the leaven begins to ferment. Put to the mass  $\frac{1}{2}$  lb. of melted butter, add the salt, and beat well together, make up into rather a soft paste with all the flour, using a little more warm milk

if necessary. Cover this with a clean cloth, and let it once more rise up for  $\frac{1}{2}$  hour. Shape the dough in buns, and lay them apart on greased tin plates or baking-sheets in rows at least 3 inches apart, to rise for  $\frac{1}{2}$  hour. Place a cross mould on them (this may be done roughly with the back of a knife), and bake in a quick oven from 15 to 20 minutes.

### LEMON BUNS

Take  $\frac{1}{4}$  lb. of butter,  $\frac{1}{4}$  lb. of castor sugar, 1 lb. of flour, 2 eggs,  $\frac{1}{4}$  oz. of ammonia,  $\frac{1}{2}$  teacupful of milk, essence of lemon, and candied lemon peel.

Put the ammonia into a mortar and rub it down in the milk. Weigh the flour on to the board, make a bay, or well, in the centre, put in the sugar and butter, add a few drops of essence of lemon, and rub the ingredients together till smooth; then add the eggs and dissolved ammonia, wet up into a smooth paste, divide it into 3-oz. pieces, flatten it out, wash it over with milk, turn it over on to castor sugar, place the buns on to greased baking-tins, lay a slice of lemon peel on the top, and bake in a warm oven for about 1 hour.

### MADEIRA BUNS

Take  $\frac{1}{2}$  lb. of butter, 2 eggs, 1 lb. of flour, 6 oz. of castor sugar,  $\frac{1}{2}$  teaspoonful of ground ginger,  $\frac{1}{2}$  dessert-spoonful of caraway seeds, a little nutmeg, and a little milk.

Put the butter and castor sugar into a clean basin, and set it on top of the stove to soften. Then beat to a cream with a wooden spoon; add the eggs 1 at a time, beating up well after each. Then add the flour, spices, and caraway seeds, and moisten with milk. Divide the batter out into some greased patty-pans, put them on a baking-tin and bake in a moderately hot oven for 25 to 30 minutes.

## PLAIN BUNS

To every 2 lb. of flour allow 6 oz. of moist sugar, 1 oz. of yeast,  $\frac{1}{2}$  pint of milk,  $\frac{1}{2}$  lb. of butter, and 1 pint of tepid milk.

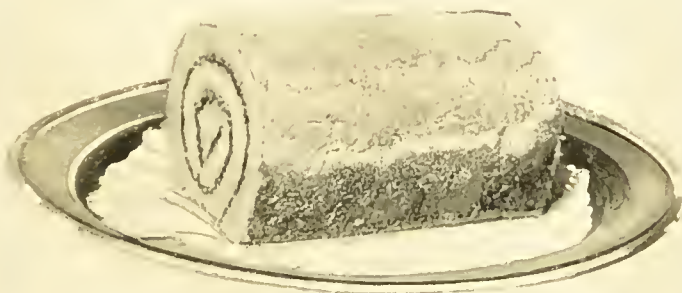
Put the flour into a basin, mix the sugar well with it, make a well in the centre, and stir in the yeast and  $\frac{1}{2}$  pint of milk (which should be lukewarm), with enough of the flour to make it the thickness of cream. Cover the basin over with a cloth, and let the sponge rise in a warm place, which will be accomplished in about  $1\frac{1}{2}$  hours. Melt the butter, but do not allow it to oil; stir it into the other ingredients, using a little more milk if necessary, and make the whole into a soft dough. Mould it into buns about the size of an egg; then lay them in rows quite 3 inches apart; set them again in a warm place until they have risen to double their size; then put them into a good brisk oven, and when they are done wash them over with a little milk. From 15 to 20 minutes will be required to bake them nicely. These buns may be varied by adding a few currants, candied peel or caraway seeds to the other ingredients. The above mixture also answers for hot cross buns, by putting in a little ground mixed spice, and by pressing a tin mould in the form of a cross in the centre of the bun.

## RICE BUNS

Take 6 oz. of butter, 6 oz. of castor sugar, 4 oz. of ground rice, 2 oz. of flour (sifted), 1 teaspoonful of baking-powder, and 4 eggs.

Cream the butter and sugar till very light. Work in the eggs, then add the ground rice, flour, and baking-powder. A little grated lemon-rind or essence of vanilla may be added if liked. Beat the mixture for 10 minutes. Drop the dough by means of a spoon or a savoy bag into buttered patty-pans or tartlet moulds, and bake in a moderately-heated oven for 20 minutes.

## CAKES



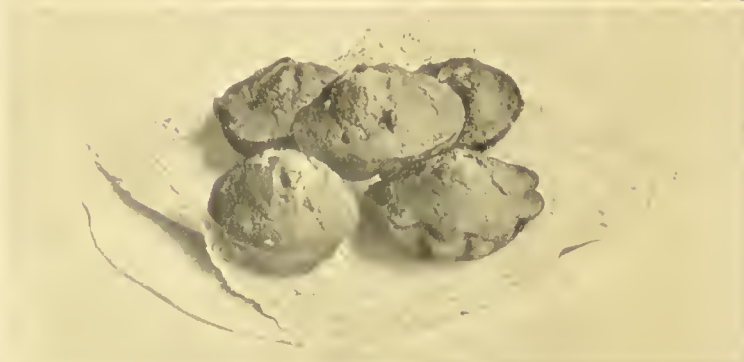
1. Rock Cakes.

2. Swiss Roll.

3. Tennis Cake.



## ROLLS AND CAKES



1. Milk Scones.

2. Queen Cakes.

3. Breakfast Rolls.



## VICTORIA BUNS

Procure 2 oz. of castor sugar, 1 medium-sized egg,  $1\frac{1}{2}$  oz. of ground rice, 2 oz. of good fresh butter,  $1\frac{1}{2}$  oz. of currants (cleaned and picked), a few thin slices of candied peel, a little fine flour, and  $\frac{1}{2}$  a dessertspoonful of baking-powder.

Whisk the egg, stir in the sugar, and beat these ingredients well together; beat the butter to a cream, stir in the ground rice, currants, and candied peel, then the beaten egg and sugar, and as much flour as will make it of such a consistency that it may be rolled into 7 or 8 balls. Put these on to a greased tin, and bake them from  $\frac{1}{2}$  to  $\frac{3}{4}$  of an hour. The buns should be put into the oven immediately, or they will become heavy. The oven should be moderately heated.

## SCONES

## SCONES

Take 2 lb. of self-raising flour, 6 oz. of butter, 6 oz. of sugar, 6 oz. of currants, and 1 pint of milk.

Rub the butter into the flour, and add the sugar and currants. Make a hole in the centre, pour in the milk, and mix into a rather soft dough. Mould the scones into rounds of about 6 or 7 inches in diameter and cut them into quarters with a sharp knife.

## SCONES, AFTERNOON TEA

Take 4 oz. of flour, 1 oz. of butter, 1 tablespoonful of castor sugar,  $\frac{1}{2}$  teaspoonful of cream of tartar,  $\frac{1}{4}$  teaspoonful of bicarbonate of soda, 1 egg, and a little cold water. (The egg may be omitted.)

Rub the butter lightly into the flour and add the remaining dry ingredients. Beat and stir in the egg, adding cold water or milk to make a light dough. Roll out thin, cut into small rounds, and bake for about 10 minutes on a hot griddle or in a sharp oven.

## SCONES, CREAM

Take  $\frac{1}{2}$  lb. of flour, 3 oz. of butter or margarine, 1 teaspoonful of baking-powder, 1 gill of milk,  $\frac{1}{2}$  gill of cream, and a pinch of salt.

Sift the flour, salt and baking-powder together in a basin, rub in the fat, add gradually the cream and milk, and work into a light paste. Roll out on a floured board a  $\frac{1}{4}$  inch thick. Stamp out into rounds with a 2-inch cutter, place them on a greased baking-sheet, and bake for 15 minutes. Brush over with sweetened milk when nearly done, and return to the oven for another 5 minutes.

## SCONES, SCOTCH BREAKFAST

Have ready 1 oz. of self-raising flour,  $\frac{1}{2}$  a lb. of ordinary flour, about a gill of sweet milk, and a pinch of salt.

Mix the self-raising flour with the ordinary flour together in a basin and add the salt. Work it into dough quickly with the milk, which must be added gradually till a moderately soft dough is obtained. Roll out the dough on a floured board about  $\frac{1}{2}$  an inch thick, and cut into rounds or 3-cornered pieces. Put them on a greased baking-sheet, and bake in a hot oven or else on the griddle or hot plate previously sprinkled with flour.

They should take about 8 minutes to bake.

## CHAPTER V

### BISCUITS, MACAROONS, WAFERS, ETC.

#### THE MANUFACTURE OF BISCUITS

SINCE the establishment of the large modern biscuit factories, biscuits have been produced both cheap and wholesome in almost endless variety. Their actual component parts are, perhaps, known only to the various makers ; but there are several kinds of biscuits which have long been in use, most of which belong to the class of unfermented bread, and are perhaps the most wholesome of that class. In cases where fermented bread causes dyspepsia, biscuits may be recommended ; in many instances they are considered lighter and less liable to create acidity. The name is derived from the French *biscuit*, or "twice-baked," because, originally, the method of baking entirely deprived them of all moisture, to ensure their keeping, but although that process is no longer employed, the name is retained. Fancy biscuits contain butter, eggs, milk, and various flavourings. They are sold in enormous quantities. Sea or ship-biscuits are made of wheat flour, from which only the coarsest bran has been separated. Dough is made up as stiff as it can be worked, and is then formed into shapes, and baked in an oven ; after which the biscuits are exposed in lofts over the oven until perfectly dry, to prevent them from becoming mouldy when stored.

## BISCUITS

### ALMOND BISCUITS

Take 4 oz. of ground almonds, 14 oz. of castor sugar, 2 tablespoonfuls of orange-flower water, 10 oz. of flour, 4 oz. of butter, and 7 or 8 eggs.

Mix the almonds, sugar and orange-flower water in a mortar; break in 2 eggs and work up. Whisk up the other eggs and stir them gradually into the almond paste. Melt the butter and incorporate it with the flour (sifted). Fill into very small plain or fancy biscuit tins (buttered), and bake in a moderate oven.

### ALMOND ROCK BISCUITS

Take 8 oz. of sweet almonds, blanch and cut them into long thin slices, and add to them the whites of 2 or 3 eggs, 1 oz. of candied orange peel cut small, and 1 lb. of fine icing sugar.

Mix all thoroughly together, make up the biscuits with a spoon on wafer paper, about the size of a two-shilling piece, and pile them  $1\frac{1}{2}$  inches high. Put them to dry for 4 or 5 hours, and bake them in a slow oven, to give them a nice light colour.

### ARROWROOT BISCUITS OR DROPS

Take  $\frac{1}{2}$  lb. of butter, 4 eggs,  $\frac{1}{2}$  lb. of flour, 6 oz. of arrowroot, and  $\frac{1}{2}$  lb. of castor sugar.

Beat the butter to a cream; whisk the eggs to a stiff froth, add them gradually to the butter, stir in the sugar a little at a time, and beat the mixture well. Smooth down all the lumps from the arrowroot and sift it with the flour, and then add to the other ingredients. Mix all well together, drop the dough on a greased tin in pieces the size of a shilling, and bake the biscuits for about  $\frac{1}{4}$  hour in a slow oven.

## CALISSON BISCUITS

Take 8 oz. of sweet almonds, blanch them, and put them into a mortar, and pound them fine with some syrup of preserved fruits and 8 oz. of castor sugar.

Take the paste out of the mortar, put it into a pan over a gentle fire, stir it for 5 or 6 minutes, until the paste is so dry that it will not adhere to your finger. Take it off the fire, and spread it on wafer paper as evenly as possible, about  $\frac{1}{2}$  inch thick. Then spread over it a layer of thin icing, made with whites of eggs and icing sugar. Cut into cakes with a calisson cutter. Bake in a slow oven, with the door open.

## CHOCOLATE BISCUITS

Prepare the same as for Lemon Biscuits, adding 4 oz. of grated chocolate. Put the paste into a tin and bake in a moderate oven. Cut it into small pieces to any desired shape, icing over with fondant mixed with chocolate (*see* page 185).

## CHOCOLATE ESS BISCUITS

Proceed in the same way as in making Vanilla Ess Biscuits, adding 4 oz. of the best chocolate.

## CHOCOLATE ROCK BISCUITS

Prepare the sweetmeats exactly as for Almond Rock Biscuits, adding 3 oz. of chocolate powder.

## CINNAMON STICKS OR BISCUITS

Take 1 lb. of sweet almonds, pound them in a mortar to a fine powder with 1 lb. of castor sugar. Pass it through a sieve, and whatever is not fine enough to pass through the sieve, put back into the mortar, and pound again until all has passed through. Mix in the whites of 3 eggs thoroughly, until the paste is perfectly smooth, and add a little cinnamon. Roll it out into a paste about  $\frac{1}{2}$  inch thick, spread over it a fine layer

of icing, made with white of egg and powdered loaf sugar, and cut the paste into sticks or bars about 4 inches long, and  $\frac{1}{2}$  inch wide. Put these in tins on wafer paper, and bake them in a slow oven, with the door open. When the icing is a little coloured they are done.

### COCO-NUT BISCUITS

Take 4 oz. of castor sugar, 4 oz. of butter, 3 eggs, a little milk, 4 oz. of flour, 2 oz. of cornflour, and 3 oz. of desiccated coco-nut.

Rub the flour and butter together until very fine, add the cornflour, sugar, and 2 oz. of the coco-nut. Mix thoroughly, make a well in the centre, beat up the eggs, and add them, work into a smooth dough; roll out about  $\frac{1}{8}$  inch thick, cut or stamp out some oblong biscuit shapes or fingers, place them on a buttered baking-sheet, brush over with a little sweetened milk and egg; sprinkle some coco-nut over the top of each. Bake in a moderately-heated oven for about 20 minutes. If the paste is found too stiff, a little milk or cream should be added.

### COCO-NUT GEMS

Take 1 lb. of castor sugar, 1 lb. of desiccated coco-nut, 4 whites of eggs, the juice of  $\frac{1}{2}$  a lemon, and a little essence of vanilla.

Break the whites of eggs into a very clean basin, add the juice of  $\frac{1}{2}$  a lemon and the sugar, beat up these ingredients into a stiff paste that will not run out of the pan when turned upside down. When well beaten, stir in the desiccated coco-nut. Cover baking-sheets with wafer paper, and lay the mixture out in small biscuits about the size of walnuts, pinching them together very tightly with the fingers when the biscuits have all been laid out. Bake them in a very slow oven; when done and cold, pack them away in a tin for use as required.



## COFFEE BISCUITS

Prepare the same as for Lemon Biscuits, adding some essence of coffee instead of the lemon, and flavouring the icing with coffee.

## COFFEE ROCK BISCUITS

Mix together sliced almonds with whites of eggs, and sugar, as in preparing for Almond Rock Biscuits, and add a little essence of coffee to give flavour and tint.

## CRISP BISCUITS

Take 1 lb. of flour, the yolk of 1 egg, and sufficient milk to make a stiff paste.

Mix the flour and the yolk of the egg with sufficient milk to make the whole into a very stiff paste; beat it well, knead it until it is perfectly smooth. Roll the paste out very thinly; with a round cutter shape it into biscuits, prick them with a fork and bake them a nice brown in a slow oven from 12 to 18 minutes.

## DESSERT BISCUITS (Which may be flavoured with Ground Ginger, Cinnamon, etc.)

Take 6 oz. of flour, 4 oz. of butter, 4 oz. of castor sugar, the yolks of 2 eggs, and flavouring to taste.

Put the butter into a basin; warm it, but do not allow it to oil; then with a wooden spoon beat it to a cream. Add the flour by degrees, then the sugar and flavouring, and moisten the whole with the yolks of the eggs, which should previously be well beaten. When all the ingredients are thoroughly incorporated, drop the mixture from a spoon on to a greased paper, leaving a distance between each cake, as they spread as soon as they begin to warm. Bake in rather a slow oven from 12 to 18 minutes, or rather longer in a very slow oven, and do not let the biscuits acquire too much colour. In making the above quantity,  $\frac{1}{2}$  may be flavoured with ground ginger, and the other  $\frac{1}{2}$  with

essence of lemon, or some currants added to make a variety. The biscuits are named after the preparation with which they are flavoured, and an endless variety may be made in this manner.

### FRENCH CROQUET BISCUITS

Take 1 lb. of self-raising flour, 12 oz. of sugar, 8 oz. of chopped almonds, 3 or 4 eggs, and a little orange-flower water.

Sift the flour on to the paste board, make a hole in the centre, put in the sugar, eggs, and almonds, and mix the whole well together into a moderately stiff paste. Roll out into a sheet about the thickness of  $\frac{1}{2}$  inch, and 4 inches wide. Put it on a baking-tin and bake quickly; when it is cold cut up into pieces according to fancy.

### FRENCH DRY BISCUITS

Break 6 eggs into a basin, add  $\frac{1}{2}$  lb. of sugar, and whisk the sugar and eggs together until the mixture is very light. Add a little vanilla, and sift in 8 oz. of the best flour.

Mix the flour in gently, so that the paste may be light and smooth, then fill up the moulds called "Biscuits de Reims," after they have been greased with butter or good dripping. Bake the biscuits in a hot oven. Then put them in an oven to dry before you remove them from the moulds.

*Note.*—Sugar the biscuits over before you bake them.

### FRENCH PATIENCE BISCUITS

Take  $1\frac{1}{4}$  lb. of icing sugar, 1 lb. of flour, the whites of 6 or 7 eggs, and 1 oz. of vanilla sugar.

Beat up the whites of the eggs in a pan, add the sugar, and sift in the flour. Stir the whole well together with a wooden spoon, until the paste is perfectly smooth, and shines on the surface. Put the paste into a bag with a funnel of a round shape, and the size of a shilling. Force out in any shapes or forms you

think proper, on iron plates previously greased over with wax. Put the iron plates in a warm place for 3 or 4 hours, until the surface of the biscuits becomes hard, then bake in a hot oven.

### FRENCH TWISTS.

Beat up 4 whites of egg to a stiff froth, and stir in 2 egg yolks,  $\frac{1}{2}$  lb. of chopped almonds,  $\frac{1}{2}$  lb. of icing sugar, 2 oz. of sifted flour, and vanilla sugar to flavour.

Put the mixture in a forcing bag, and force out small heaps about 4 inches apart on to a greased baking-sheet. Bake in a fairly hot oven, then place each on a rolling-pin, bend over well and allow to get cold.

### GENEVA BISCUITS

Take 4 oz. of castor sugar, 5 oz. flour, 3 eggs, and  $\frac{1}{2}$  a lemon-rind finely grated.

Separate the yolks of eggs from the whites, put the latter into a clean dry basin or copper egg bowl, add a pinch of salt, and whisk to a stiff froth. Cream the yolks and sugar together in a basin, stir over a vessel of boiling water until it begins to thicken, then remove, and whisk again until the mixture is completely cold. Now mix in the lemon-rind, the stiff whites of eggs and the flour. Put the mixture in a forcing bag with a plain tube, and force out some rounds or oblongs of even size, and shape on to a well-buttered and floured baking-tin, about 1 inch apart, dredge with sugar, and bake in a moderate oven for about 15 minutes.

### GINGER BISCUITS

Take  $\frac{1}{2}$  lb. of flour,  $\frac{1}{4}$  lb. of fresh butter,  $\frac{1}{4}$  lb. of castor sugar,  $\frac{1}{2}$  oz. of ground ginger, 1 egg, and a little milk.

Rub the butter and ginger into the flour on the board, make a "bay," or hole, break in the egg, and wet up into a nice workable paste, using a little milk if necessary. Roll down in thin sheets, and cut out with a plain round cutter, set them on to a greased baking-sheet, and bake in a cool oven for about 5 minutes.

## GINGERBREAD NUTS, RICH SWEETMEAT

Take  $\frac{1}{2}$  lb. of golden syrup, 2 oz. of butter,  $\frac{1}{2}$  lb. of coarse brown sugar, 1 oz. of ground ginger,  $\frac{1}{2}$  oz. of candied lemon peel,  $\frac{1}{4}$  oz. of caraway seeds, 1 egg, and a little fine flour.

Put the golden syrup into a basin, and pour over it the butter, melted so that it does not oil, the sugar and ginger. Stir these ingredients well together, and while mixing add the candied peel, cut into very small pieces, but not bruised, and the caraway seeds, which should be pounded. Having mixed all thoroughly together, break in an egg, and work the whole up with as much fine flour as may be necessary to form a firm paste. Make this into nuts of any size, put them on a baking-tin, and place them in a slow oven from  $\frac{1}{4}$  to  $\frac{1}{2}$  hour.

## GINGERBREAD NUTS, SUNDERLAND

Take 1 lb. of golden syrup,  $\frac{1}{2}$  lb. of moist sugar,  $\frac{1}{2}$  lb. of butter, 1 lb. of flour, 1 oz. of ground ginger, 1 oz. of allspice, and 1 oz. of coriander seeds.

Let the allspice, coriander seeds and ginger be freshly ground ; put them into a basin with the flour and sugar, and mix these ingredients well together ; warm the golden syrup and butter together, then with a spoon work the mixture into the flour, etc., until the whole forms a nice smooth paste. Drop the mixture from the spoon on to a piece of greased paper, and bake in rather a slow oven from 20 to 30 minutes. A little candied lemon peel added is an improvement.

LADIES' FINGERS (*See SAVOY BISCUITS*)

## LEMON BISCUITS

Take  $\frac{3}{4}$  lb. of flour, 6 oz. of castor sugar, 3 oz. of fresh butter, 2 eggs, the grated rind of a lemon, and 1 dessertspoonful of lemon-juice.

Rub the butter into the flour, stir in the castor sugar

and very finely-minced lemon peel, and when these ingredients are thoroughly mixed, add the eggs, which should be previously well whisked, and the lemon-juice. Beat the mixture well for 1 or 2 minutes, then drop it from a spoon on to a greased tin, about 2 inches apart, as the biscuits will spread when they get warm; place the tin in the oven, and bake the biscuits a pale brown from 15 to 20 minutes.

### LEMON ROCK BISCUITS

Prepare the paste as for Almond Rock Biscuits, adding the juice of 1 lemon and a few drops of lemon essence.

MACAROONS (*See Recipes, pages 112-115*)

### MILANESE BISCUITS

Take 1 lb. of flour, 12 oz. of sugar, 12 oz. of butter, 4 eggs, and the grated rind of 1 lemon.

Melt and beat the butter to a cream, put in the sugar, then the eggs and flour, and mix them thoroughly together. Allow the paste to stand for 4 or 5 hours in a cool place, then roll it out to the thickness of  $\frac{1}{2}$  inch, and cut it into cakes with a fancy biscuit cutter. Put them on iron baking-plates, and brush them over with egg and milk. Ornament the tops with preserved cherries, angelica, and almonds, and bake in a hot oven.

### NEAPOLITAN BISCUITS

Take 1 lb. of flour, 1 lb. of sugar, 1 lb. of ground almonds with rose-water, 8 oz. of fresh butter, and the whites of 2 eggs.

Blanch the almonds and dry them, then pound them in a mortar with 1 gill of rose-water to a fine paste, and add the butter and sugar. Stir the whole well together, and when it is smooth take it out of the mortar and put it into a pan. Stir in the flour, mixing



it well, and let it stand in a cool place until next morning. Then roll it out to the thickness of  $\frac{1}{4}$  inch, and cut it into cakes with a biscuit cutter. Lay the cakes on wafer paper, and bake them on iron plates in a hot oven.

### ORANGE BISCUITS

These are made exactly the same as Lemon Biscuits, only that the juice of 2 oranges is added after the skins have been rubbed off with lump sugar. Pound the sugar and add it to the eggs, and finish as for lemon biscuits, icing over with orange icing (*see* page 186).

### ORANGE ROCK BISCUITS

Prepare the paste as for Almond Rock Biscuits, adding a little cochineal, with a little yellow colouring to give the required orange tint.

### PETITS FOURS

These may be made of any sweet paste, Genoese, pound or sponge cake, and allow of an endless variety of decoration, with different icings, crystallized fruits, candied peel, etc. The simplest way of making petit fours is to cut Genoese, pound, or sponge cakes into pretty fanciful shapes, icing them with different coloured icings, garnishing them before the icing has set with crystallized fruit cut in fine slices, angelica, almonds, preserved cherries, and similar fruits.

### PETITS FOURS SEC

Make a paste by mixing together on a slab or board  $\frac{1}{2}$  lb. of icing sugar, 1 lb. of butter,  $1\frac{1}{2}$  lb. of flour,  $\frac{1}{4}$  pint of milk, and vanilla to flavour.

Roll out and shape into round pieces, then roll these in castor sugar and place on the ice to get cool. The paste will then become quite hard. Next cut the paste into smaller pieces, and place them on a baking-



sheet, and bake in a medium oven. When baked, coat the surface of each with dissolved apricot jam, and put a few chopped almonds on top of each.

### PETS-DE-NONNE

Take 2 oz. of butter, 3 oz. of castor sugar, a pinch of salt, 4 oz. of flour (sifted), 1 whole and 1 yolk of egg, grated lemon and orange rind, frying fat and ground cinnamon.

Put a gill of water in a small stewpan, add about 1 oz. sugar, the butter, and a pinch of salt. Let it come to the boil, then stir the flour in quickly. Work the whole vigorously over the fire with a wooden spoon or spatula until the sides and bottom of the stewpan become perfectly clean. Let the paste cool a little, then add about a teaspoonful of grated lemon and orange rind. Work in the eggs by degrees, and beat well for 10 minutes. Heat up the fat over the fire, move it to the side of the stove, and drop in the mixture by means of a dessertspoon, which must be dipped into the hot fat each time before being filled with paste. Fry gently from 8 to 10 minutes. Take up, drain, dredge with sugar flavoured with cinnamon, and serve hot.

### RATAFIAS

Take  $\frac{1}{2}$  lb. of sweet ground almonds, 2 oz. of butter, 12 oz. of castor sugar, and the whites of 3 eggs.

Mix up the same as for macaroons, but the paste must be a little softer, and they must be laid out in very small drops on to sheets of clean white kitchen paper, laid over baking-plates, and baked in a cool oven to a very pale colour. They will take about 20 to 30 minutes.

### RICE BISCUITS OR CAKES

Take  $\frac{1}{2}$  lb. of rice flour,  $\frac{1}{4}$  lb. of castor sugar,  $\frac{1}{4}$  lb. of butter, and 1 egg.

Beat the butter to a cream, stir in the rice flour and pounded sugar, and moisten the whole with the egg, which should be previously well beaten. Roll out the paste, cut out with a round paste cutter into small cakes, and bake them from 12 to 18 minutes very slowly.

### ROUT CAKES OR BISCUITS

Take 1 lb. of sweet almonds, blanch and dry them, then put them into a mortar and pound them very fine, with sufficient orange-flower water to obtain a firm paste. Take the paste out of the mortar and put it into a saucepan, adding 1 lb. of fine castor sugar. Put the pan on the fire and stir until the paste is dry and will not adhere to your finger, take it off, and make up the paste into all kinds of fancy ornamental biscuits

### SAVOY BISCUITS OR CAKES

Take 3 eggs, 6 oz. of castor sugar, a few drops of essence of lemon, and 8 oz. of flour.

Break the eggs into a basin, beat well with the sugar and essence of lemon for  $\frac{1}{4}$  hour. Then dredge in the flour gradually, and well but lightly mix. Then put the mixture into a savoy bag, lay the biscuits out on to a sheet of thick cartridge paper, and bake them in rather a hot oven ; but let them be carefully watched, as they are soon done, and a few seconds over the proper time will scorch and spoil them. These biscuits or ladies' fingers, as they are sometimes called, are used for making Charlotte Russes and other fancy sweet dishes.

### SEED BISCUITS

Take 12 oz. of flour,  $\frac{1}{4}$  lb. of castor sugar,  $\frac{1}{4}$  lb. of butter,  $\frac{1}{2}$  oz. of caraway seeds, and 2 eggs.

Beat the butter to a cream ; stir in the flour, sugar and caraway seeds, and when these ingredients are well mixed, add the eggs, which should be well whisked.

Roll out the paste, cut out the biscuits with a round cutter, set them on to clean greased baking-sheets, and bake them in a moderate oven from 10 to 15 minutes. The tops of the biscuits may be brushed over with a little milk or the white of an egg, and a little sugar strewn over.

### SODA BISCUITS

Take 1 lb. of flour,  $\frac{1}{2}$  lb. of castor sugar,  $\frac{1}{4}$  lb. of fresh butter, 2 eggs, and 1 small teaspoonful of bicarbonate of soda.

Put the flour into a clean basin, rub in the butter and sugar, make a hole in the centre, break the eggs and beat them up well with a wire egg whisk, dissolve the bicarbonate of soda in a little water, turn all the ingredients together into the hole, and wet up into rather a soft paste, using a little milk if necessary. Turn out on to the board, dry over, and roll down in sheets, about  $\frac{1}{4}$  inch thick, cut out with a small plain round cutter, set on to clean greased baking-plates, and bake in a warm oven.

### SWEDISH BISCUITS

Take 8 oz. of sweet almonds, blanch and cut them into long thin slices, and put them into a basin with the whites of 2 eggs and 10 oz. of icing sugar.

Mix the paste well together, and make up on wafer paper into crescent shapes. Let the biscuits dry for 4 or 5 hours, then bake them in a slow oven, with the door open.

### SWISS BRICELETS

Take  $\frac{1}{2}$  lb. of flour, 5 oz. of butter, a pinch of salt, 3 yolks of eggs, the rind of  $\frac{1}{2}$  a lemon (finely grated), and 5 oz. castor sugar. A gaufre iron (round shape) is indispensable for the preparation of bricelets.

Sift the flour on to a paste board, make a well in the centre, put a pinch of salt and the sugar in the centre

of the well. Beat up the yolks of eggs, melt the butter, and work both into the flour to form a pliable paste. Set it aside for 20 minutes. Divide the paste into 6 or 8 portions, roll out into the shape of sausages, divide each into 3 or 4 parts, shape these into balls, and roll out thinly. Clean the gaufre iron, oil well both sides, let it get hot, oil again, then place a piece of paste the size of the mould on to the iron, close up, put the iron into a bright fire (coal or coke) and cook for 1 or 2 minutes. Remove the bricelet, and proceed thus until the paste is used up. These biscuits will keep fresh for a long time if kept in an air-tight tin box.

### VANILLA ESS BISCUITS

Take 4 oz. of almonds, blanch and dry them, then put them into a mortar, and pound them with the whites of 3 or 4 eggs. When the almonds are pounded to a fine and smooth paste, add  $\frac{1}{2}$  lb. of icing sugar, and some vanilla. Put the paste into a pan over a gentle fire, stir it with a spatula until lukewarm, then put it into a bag with a star-shaped pipe, and drop the biscuits on tins in the shape of an S. The tins should be greased and floured over. Let the biscuits dry for 3 or 4 hours before baking, then bake them in a slow oven, with the door open.

### VANILLA STICKS OR BISCUITS

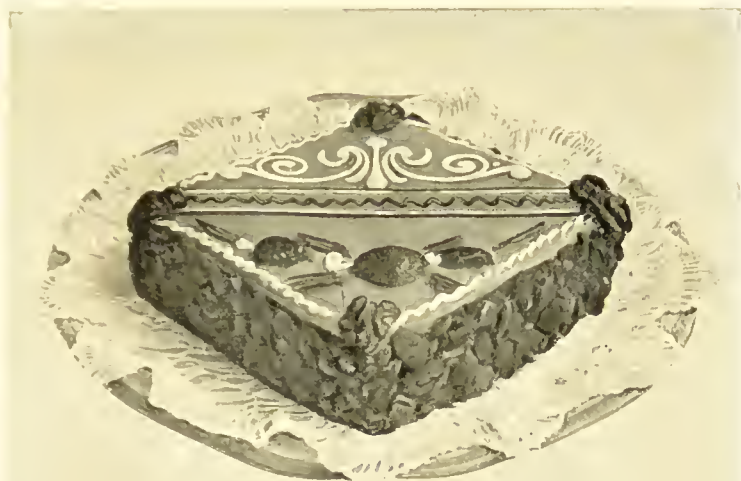
Proceed exactly as in preparing Cinnamon Sticks, substituting a little vanilla for the flavouring.

## MACAROONS

### ALMOND PASTE FOR MAKING MACAROONS, ETC.

The chief ingredients of this paste consist of almonds pounded in a mortar, with whites of eggs and castor sugar mixed in various proportions. It is almost impossible to lay down a hard and fast rule for the number of eggs to be used for making the paste, as

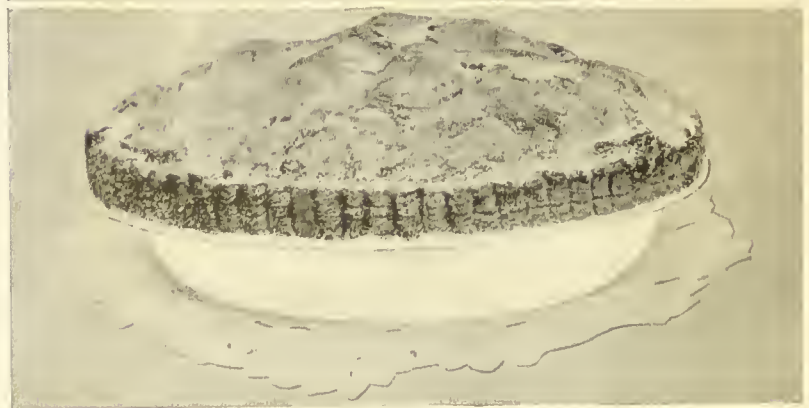
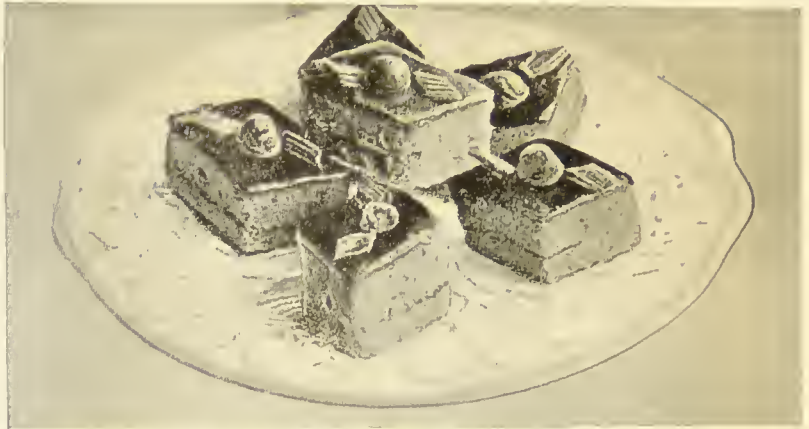
## FANCY CAKES



1. Iced Cake.      2. Walnut Cake.



## FANCY CAKES AND TARTS



1. Fancy Genoese Cakes. 2. Gooseberry Tart. 3. Cherry Tartlets.



this entirely depends upon the size of the eggs, and on the dryness of the sugar and almonds. The safest way is to add the eggs by degrees. Experience and observation are the only sure guides as to the quantities required.

### BITTER ALMOND MACAROONS

Take 2 oz. of bitter almonds, and 1 lb. of sweet almonds, blanch and dry them, then pound them in a mortar with the whites of 8 to 10 eggs. When they are reduced to a fine, smooth paste, add 2 lb. of castor sugar, and mix all thoroughly together. Put the paste into a bag provided with a forcing pipe and squeeze the paste through it, in small round macaroons, on some wafer paper. Afterwards dip your finger in cold water and touch the tops of the macaroons, to make them shine. Bake in a moderate oven.

### CHOCOLATE MACAROONS

These are generally made of ordinary macaroon paste, with the addition of chocolate. Add to 1 lb. of macaroon paste, 2 oz. of the best melted chocolate. When it is dissolved, mix in quickly, make up the macaroons into rounds on wafer paper, and bake them in a moderate oven.

### DUTCH CHOCOLATE MACAROONS

Proceed as in the preparation of Vanilla Macaroons, adding 3 oz. of powdered chocolate.

### DUTCH COFFEE MACAROONS

Proceed as in making Vanilla Macaroons, but flavour the cakes with a little essence of coffee.

### ENGLISH MACAROONS

Take 1 lb. of sweet almonds, blanch and dry them, put them into a mortar and pound them to a fine paste with the whites of 8 eggs, then add 1 lb. and

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10 oz. of castor sugar. Mix all well together, make up the macaroons on wafer paper into rounds, dip your forefinger in cold water and touch the tops, and sprinkle over a few chopped almonds. Bake in a moderate oven.

### FRENCH MACAROONS, FINE

Take 1 lb. of almonds, blanch them in boiling water, peel and dry them. When they are perfectly dry, pound them in a mortar with 8 whites of eggs, adding the eggs by degrees. When the almonds are reduced to a fine smooth paste, add 2 lb. of castor sugar, and the grated rind of 2 lemons. Mix thoroughly together, put the paste into a saucepan, and set it on a moderate fire. Stir it until it is lukewarm, take off the fire and make up quickly, whilst hot, on wafer paper. Give the macaroons a round shape, and bake them at once in a moderate oven.

### FRENCH MARZIPAN MACAROONS

Take 8 oz. of sweet almonds, blanch and chop rather finely, then put them in a cool oven and lightly brown them. Add the whites of 2 or 3 eggs and 14 oz. of castor sugar, mix all well, until the almonds are formed into a paste. Make the cakes on wafer paper into rounds with a spoon. Press your finger into the centre of each to make a hole, and put them in a cool oven to dry till next day. Bake in a moderate oven. After they are finished, fill up the hole with some flavoured icing, and brush over the macaroons with some dissolved gum arabic in water, to glaze them.

### HAZEL-NUT MACAROONS

Take 1 lb. of hazel-nut kernels, put them in a mortar, and pound them very fine, with the whites of 8 eggs. Add 2 lb. of castor sugar, and mix well into a smooth paste. Make up into oval shapes, on wafer paper, and bake in a moderate oven.

## PISTACHIO MACAROONS

Take 8 oz. of pistachios, blanch and dry them, put them in a mortar and pound them very finely, with the whites of 4 or 5 eggs. Add 12 oz. of castor sugar, and mix all well together. Make up the macaroons into small round shapes on wafer paper, sprinkle over some castor sugar, and press your forefinger in the centre to make a hole. Bake them in a moderate oven, and after they are baked fill up the holes with Pistachio Icing.

## SMALL FANCY MACAROONS

These are made from hazel-nut macaroons. Make up into small, round shapes, on wafer paper, then sprinkle some castor sugar over them, and bake them in a moderate oven. After they are baked press your forefinger in the centre of each, in order to obtain a small hole. Fill this with jam, and cover with icing.

## VANILLA MACAROONS

Take 4 oz. of sweet almonds, blanch and dry them, then put into a mortar and pound them until they are very fine, with the whites of 3 or 4 eggs. Add 12 oz. of the finest castor sugar, or icing sugar, and a little vanilla sugar, and mix the materials thoroughly together. When the paste is smooth, put it in a bag with a forcing pipe, and squeeze the macaroons on paper in various shapes, such as round, oval, finger shape, etc. Dry them in a cool oven for 4 or 5 hours in order to harden the paste, take them out, and make a deep cut on the top of each, so as to enable the macaroons to rise. Bake in a moderate oven.

## WAFERS

## ALMOND WAFERS

Take 4 oz. of almonds, blanch them and put them into a mortar, pound them to a fine paste with the

whites of 2 eggs. Add 6 oz. of fine castor sugar, and 1 oz. of the best flour.

Butter a smooth baking-tin, and lay the almond paste on it; with a flat knife spread it out as thin as possible, in a round shape. Sprinkle over it a few finely-chopped almonds, and bake in a quick oven. After the wafers are baked, roll them quickly on a round stick of wood and decorate them with cream when cold.

### CIGARETTE WAFERS FOR ICES

Put into a mixing basin 8 oz. of the best flour, with 5 oz. of castor sugar. Make up into batter with the whites of 4 eggs and the juice of 1 lemon, thinning it with a little orange-flower water until it is quite smooth. Strain it through a hair sieve, and flavour with vanilla. Heat the wafer tongs, butter the inside surfaces, then put in a spoonful of the batter and close the tongs immediately. Bake in the same way as other wafers (*see* French Wafers).

### CORNET, OR HORN, WAFERS

These are prepared like Cigarette Wafers, except that they are filled with whipped cream.

### CREAM WAFERS

These are prepared in the same way as Cigarette Wafers, with the difference that cream is used instead of orange-flower water.

### FRENCH WAFERS, OR GAUFRES

Put into a basin 8 oz. of the best flour, 6 oz. of the best butter, and 4 oz. of castor sugar. Rub the butter, flour, and sugar well together. Add the rinds and juice of 2 lemons, and 2 eggs. Mix all thoroughly together with a wooden spoon until the paste is smooth, then roll out into little cakes. Take the wafer tongs, heat them over a clear fire, grease the inside surfaces

with a small piece of butter or a little olive oil. Put the paste in, and close the tongs. Hold the iron over the fire and turn the paste from time to time, in order to bake both sides the same colour. When it is baked, unfasten the tongs, scrape the edges, take out the wafers, and roll them on a small round stick. Put them on a sieve and dry them in a cool oven.

### LEMON WAFERS

Put into a basin 10 oz. of best flour, and 4 oz. of castor sugar. Add the rinds and juice of 2 lemons, and 1 or 2 eggs, putting in 1 egg at a time, in order to obtain a smooth batter. Dissolve 4 oz. of the best butter in  $\frac{1}{2}$  pint of warm water, and mix it into the batter by degrees. Heat the wafer tongs and butter the insides. Put in a spoonful of the batter and close the tongs immediately. Finish in the same way as for the preceding recipe. Flavour with essence of lemon.

### PISTACHIO WAFERS

These are made in the same way as Almond Wafers, only pistachios are used instead of almonds.

### RED WAFERS

These are made from Cigarette Wafers, a little cochineal being added to give the tint.

### SWISS CARNIVAL WAFERS

Make some Nouille paste with the following ingredients :— $\frac{1}{2}$  gill cream,  $\frac{1}{4}$  pint milk, 2 oz. butter, 3 eggs. A pinch of salt, and as much flour as may be required to form a stiff and well-kneaded paste.

Roll the paste out as thinly as possible, cut some small squares or rounds by means of a pastry wheel. Spread these out on a floured board to dry for some time. Fry in clarified butter or lard to a golden colour, dust with castor sugar mixed with a little ground



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cinnamon. The butter should be dissolved in the milk which is previously heated, it should then be set to boil and added to the eggs, which should be well beaten beforehand.

### SWISS GAUFRES

(See WAFER CAKES)

### SWISS TEA CAKES

Take 3 eggs, 7 oz. castor sugar,  $3\frac{1}{2}$  oz. fresh butter, 1 small glass Kirsch or rose-water, 2 oz. ground almonds, about  $\frac{1}{2}$  lb. flour, and  $\frac{1}{2}$  lemon.

Cream the sugar with the eggs, add the Kirsch or rose-water and a little grated lemon-rind. Sift the flour, oil the butter, and mix both with the eggs and sugar. When well creamed, allow the paste to rest for about 12 hours. Shape some small cork shapes (only a little longer), fry in clarified butter a light brown. Drain them and allow them to get cool. Dust with sugar before serving. These will keep for several weeks in a tin.

### SWISS WAFER CORNETS

Take 3 egg yolks, 2 oz. sugar, 1 gill cream,  $\frac{1}{4}$  lb. flour (sifted), and lemon-rind (grated) or cinnamon (powdered) for flavouring.

Work the egg yolks and sugar to a light cream, add the lemon-rind, or ground cinnamon, or a little cardamom to flavour. Stir in the cream and the flour, a little at a time. Work well, and strain through a pointed strainer into a basin. Heat a gaufre or wafer iron, rub it well with fat bacon so that both sides of the inside portion get thoroughly greased. Put a tablespoonful of this mixture in the middle of the iron, close it, and hold over a clear fire, bake until of a nice golden colour: it requires turning frequently. Then remove the wafer with a knife, shape like a cornet



or funnel whilst warm, and proceed thus until all the mixture is used up. These wafers are usually filled with whipped cream flavoured with vanilla or with a light confectioner's custard.

### VANILLA WAFERS

These are prepared in the same way as Lemon Wafers, except that they have vanilla flavouring instead of lemon.

### VIENNA WAFERS

Take  $\frac{1}{4}$  lb. of ground almonds,  $\frac{1}{4}$  lb. of icing sugar,  $1\frac{1}{2}$  lb. of flour,  $\frac{3}{4}$  lb. of butter, 1 egg, a flavouring of lemon, some royal icing and raspberry jam.

Mix all the above ingredients into a paste and divide into two parts, and roll out each thinly, place them on to baking-sheets, cover the top of one with some royal icing, and cut into squares before baking. Bake both together in a fairly hot oven; when baked cover the plain part with raspberry jam, and lay the other glazed part on top of the latter. Cut through the squares and dredge over with icing sugar.

### WAFER CAKES OR SWISS GAUFRES

Have ready 4 oz. of good fresh butter, 4 oz. of castor sugar, 3 large or 4 medium-sized eggs, 4 oz. best flour,  $\frac{3}{4}$  of a gill of cold water, the grated rind of 1 small lemon, 1 oz. of almonds and a good pinch of salt.

Cream the butter and sugar well together, add the grated rind of a small lemon, beat in the flour (well sifted), and the yolks of the eggs together with the water. Work the whole for about 15 minutes. Beat the whites of the eggs to a stiff froth and add carefully to the above. Grease the gaufre irons, heat well, clean and grease again. Bake in the usual manner, but take special care not to allow the wafers to get too brown, which is more likely to occur with this mixture, owing

to the quantity of sugar added. The wafers should, however, be well baked and of a nice light brown colour.

### WAFFLES OR WAFERS

To 1 quart of milk allow 5 or 6 eggs,  $\frac{1}{4}$  of a lb. of good fresh butter, 2 oz. of distillery compressed yeast, a pinch of salt, and sufficient flour to make a nice smooth batter.

Beat the eggs and melt the butter, then dissolve the yeast in a little of the milk, mix all together, and add sufficient flour to make a nice, smooth, thin batter. Set this to rise, and bake in waffle-irons, which may be obtained at an ironmonger's.

## CHAPTER VI

### MERINGUES AND SOUFFLAGE CAKES

#### MERINGUES

##### COMPOSITION OF MERINGUES

Meringues are produced from whites of eggs and sugar, the proportion being from 4 to 12 whites of eggs to 1 lb. of sugar.

##### CHOCOLATE MERINGUES

Mix and prepare as for Coffee Meringues, but instead of essence of coffee add 3 oz. of melted chocolate.

##### COCO-NUT MERINGUES, OR DROPS

Put into a basin 1 lb. of castor sugar. Whisk it with the whites of 8 eggs over a gentle fire until it is lukewarm, then remove it from the fire, and continue whisking till the paste is stiff, like meringue. Squeeze through a bag on to paper into round shapes, about the size of a macaroon. Sprinkle some desiccated coco-nut over the biscuits, and bake them in a moderate oven.

##### COFFEE MERINGUES

These are prepared in the same way as Raspberry Meringues, with the addition of essence of coffee instead of raspberry essence.

##### CREAM MERINGUES

Whisk 10 whites of eggs to a stiff froth, then mix in gently 1 lb. of sifted castor sugar until the paste

is quite smooth. Add a little vanilla, lay the paste out on a paper, and with a spoon mould it in the shape of eggs. Sift some fine sugar over them, then blow off the waste sugar. Bake them in tins in a cool oven. After they are baked, take each of these sugar eggs, press or beat in the bottom to form a cavity, which fill with cream or jelly.

### FANCY ORNAMENTAL MERINGUES

Whisk the whites of 8 eggs to a stiff froth, then mix in gently 1 lb. of castor sugar until the paste is smooth. Put the paste in a bag with a forcing pipe, and make up into all kinds of shapes of fruits, such as strawberries, apples, pears, etc., on paper. Bake the meringues in a cool oven.

### ITALIAN MERINGUES

Boil 1 lb. of loaf sugar to the "small ball" (237° F.). Pour it gently over the whites of 6 eggs well beaten up to a stiff froth, whisk until the sugar and eggs are well mixed, add any flavour you may think proper, and make up the paste on paper or in tins.

### LIGHT MERINGUES

Whisk 12 whites of eggs to a stiff froth. Stir in gently 1 lb. of castor sugar, and add a little vanilla. Place the meringues on paper sheets with a spoon, or force through a bag, moulding them in the shape of an egg. Sift some fine sugar over them, blow off the waste sugar, and bake them on a stout board about 2 inches thick, so that the bottoms of the meringues may remain unbaked. Bake in a moderate oven to a light colour. After they are baked, take them off, and with the bowl of a spoon, press, or beat in the bottom of each meringue to form a cavity, which fill with cream.

**LIGHT SWISS MERINGUES (For masking Fruits, etc.)**

Put 1 lb. of finely-sifted castor sugar into a basin. Mix it with the whites of 3 eggs until the paste is white and smooth, and add a little essence of vanilla, and a little baking-powder to make the paste stiff. Whisk the whites of 4 eggs to a stiff froth, and mix them gently in. Make up into shapes on buttered and floured tins, put them in a cool oven to dry, and next day bake them in a slow oven, with the door open.

**RASPBERRY MERINGUES**

Put into a basin 1 lb. of fine castor sugar. Mix it with the whites of 2 eggs to a smooth paste, add a little cochineal to colour, some raspberry flavouring, and a little baking-powder on the point of a knife. Whisk the whites of 4 eggs to a froth, and mix them gently in. Force the paste on to well-buttered and floured tins, through a bag, into finger shapes, about 3 inches long, and bake them in a moderate oven.

**SOUFFLÉ MERINGUES**

These are made exactly the same as Swiss Meringues or Italian Meringues, only with the addition of 4 oz. of ground almonds, and a few sliced almonds on the top. Bake in a moderate oven, with the door open.

**SOUFFLAGE CAKES****ALMOND SOUFFLAGE CAKES**

Mix and finish Almond Soufflage Cakes in the same way as Vanilla Soufflage Cakes, with the addition of 3 oz. of ground almonds.

**CHOCOLATE SOUFFLAGE CAKES**

Proceed in the same way as in making Vanilla Soufflage Cakes, adding 3 oz of chocolate powder.

## COCO-NUT SOUFFLAGE CAKES

Mix and finish these in the same way as Almond Soufflage Cakes, adding 3 oz. of chopped or desiccated coco-nut.

## COFFEE SOUFFLAGE CAKES

These are mixed and finished like Chocolate Cakes, but using some essence of coffee instead of chocolate for the purpose of giving a good coffee flavour.

## VANILLA SOUFFLAGE CAKES

Put into a basin the whites of 3 eggs, adding a little vanilla. Mix in gradually some fine castor sugar, as much as the eggs will absorb, to make it into a stiff paste. Roll it out to the thickness of  $\frac{1}{4}$  inch, cut it into any size or shape you think fit, butter some baking-tins, and bake the cakes on them in a moderate oven. Let them dry for 20 minutes before you bake them, so that they may rise properly. When baked they may be iced, piped, or decorated according to fancy.



## CHAPTER VII

### SWEETMEATS AND BON-BONS

#### SWEETMEATS

UNTIL recently the art of sweetmeat-making was little understood, and still less practised, by private individuals. Even now there exists a mistaken idea that this artistic branch of cookery presents many difficulties, and that elaborate utensils and implements are essential. Certainly success is more assured when the operations are aided by a saccharometer, marble slab, crystallizing tray, etc., but they are not indispensable. By measuring accurately, testing repeatedly, and by taking care to apply the right amount of heat, an amateur should find no difficulty in preparing any of the sweetmeats for which recipes are given on the following pages.

Except when otherwise stated, the lid should be kept on the stewpan while the sugar is being brought to boiling-point and during the early stages of the following process, to prevent the sugar crystallizing on the sides of the pan. When this occurs, the particles of sugar adhering to the sides of the stewpan must be removed by means of a brush dipped in water, for if allowed to remain, they may cause the sugar to grain. Cream of tartar is added to the syrup to prevent the sugar granulating, and bicarbonate of soda serves to whiten toffee, etc.

When cooking over gas it is advisable to have a piece of sheet-iron to place over the gas burners when a very slow continuous application of heat is required,

as in making caramels, etc. In boiling treacle and brown sugar a large stewpan should be used, as these ingredients are apt to boil over more quickly than white sugar.

Of the utensils and implements mentioned in the following pages, those absolutely necessary are simple and inexpensive, and comprise a hair sieve; a spatula, which is flat, wooden, with a broad rounded end tapering off to a long narrow handle; a sweet fork and ring, both made of twisted wire; and a candy hook. For this latter implement may be substituted a strong iron larder hook, which should be fixed firmly on a wall about 5 feet from the floor, according to the height of the worker. When a sugar skimmer is not available for testing the sugar as it approaches the "small ball" degree, a piece of wire twisted to form small rings will be found a good substitute. A saccharometer, caramel cutter, crystallizing tray, moulds, and a marble slab are indispensable to those who wish to excel in the higher branches of the art of sweet-making, but with few exceptions, all the following recipes require nothing further for their preparation than these few simple appliances.

### COLOURING FOR CONFECTIONERY

The principal colourings used in confectionery are red, green and yellow, which can be bought ready prepared. Harmless vegetable extracts should always be employed, and they may be easily prepared by following the directions given in subjoined recipes.

**RED COLOURING.**—Boil  $\frac{1}{2}$  pint of water and 1 lb. of loaf sugar to a syrup, and let it cool. Pound  $\frac{1}{2}$  oz. of carmine until smooth, stir it into the syrup, simmer gently for 10 minutes, and strain. When cold, add  $\frac{1}{2}$  teaspoonful of sal-ammoniac, bottle the mixture, and cork securely.

**GREEN COLOURING.**—Wash and thoroughly dry some spinach, pound it until smooth, and squeeze it dry

in a cloth. Place the spinach in a copper stewpan, cook over the fire until the liquid that flows from it becomes curdled, then strain through a hair sieve. Remove the purée from the sieve, and use as required.

**YELLOW COLOURING.**—Simmer  $\frac{1}{4}$  pint of water, 3 oz. of loaf sugar,  $\frac{1}{4}$  oz. of alum, and  $\frac{1}{4}$  oz. of Turkish saffron for 15 minutes, then strain until clear. When cold, add rather more than  $\frac{1}{8}$  pint of spirits of wine, and bottle the mixture for use.

*Note.*—See also Chapter IX (SUGAR, TO CLARIFY AND BOIL) and Chapter X (AROMATIC AND COLOURED SUGARS).

**ACID DROPS** (*See LEMON AND ACID DROPS*)

### ALMOND HARDBAKE

Take 1 lb. of moist sugar, 6 oz. of glucose, 1 gill of water, and 4 oz. of blanched almonds.

Slice or chop and dry the almonds, then sprinkle them over a lightly oiled tin. Boil the sugar, glucose, and water to 305° F., pour very carefully over the almonds. When nearly cold cut into squares, or when quite cold break into rough pieces.

### ALMOND KISSES

Take  $\frac{1}{2}$  lb. of sweet almonds, 3 whites of eggs, 6 oz. of castor sugar, 1 teaspoonful of lemon-juice,  $\frac{1}{2}$  a teaspoonful of vanilla essence, and a pinch of salt.

Blanch, peel, and chop the almonds, put them on a paper at the mouth of the oven and let them get thoroughly dry. Put the whites of eggs in a clean egg-bowl, add the pinch of salt and whisk to a very stiff froth, stir in gradually the sugar, then add the lemon-juice and flavouring essence. Mix all gently, and fill into a forcing-bag with a plain pipe. Force out some even-sized heaps on to a greased baking-tin. Dredge with sugar, and bake in a slow oven until a pale brown colour.

## 128 PASTRY-MAKING AND CONFECTIONERY

### ALMOND PASTE FOR SHAPING INTO PEARS, APPLES, NUTS, ETC.

Take 8 oz. of sweet almonds, blanch and dry them, put them in a mortar and pound them very fine, with the yolks of 1 or 2 eggs. Add 8 oz. of the finest castor sugar, or icing sugar, and mix thoroughly together. Take the almond paste out of the mortar and put it in a saucepan, place the pan over a gentle fire, and stir the paste until it becomes lukewarm, and will not adhere to your finger. Take it off, and make up in the shape of any kind of fruit.

### ALMOND ROCK

Take 1 lb. of loaf sugar,  $\frac{1}{4}$  lb. of almonds,  $\frac{1}{4}$  lb. of glucose,  $\frac{1}{2}$  pint of water, and a few drops of essence of almonds.

Blanch and dry the almonds thoroughly. Dissolve the sugar in the water, add the glucose, and boil to the "small crack" degree (290° F.). Remove the stewpan from the fire, add the almonds, a few drops of essence of almonds, boil until it acquires a golden-brown colour, and pour on to oiled or buttered tins.

### ALMOND STICKS

Take  $\frac{1}{2}$  lb. of almonds,  $\frac{3}{4}$  lb. of icing sugar,  $\frac{1}{4}$  lb. of vanilla sugar, the whites of 5 eggs, royal icing, and vanilla essence.

Blanch and dry the almonds thoroughly in a cool oven, then pound them finely in a mortar, adding by degrees the icing sugar and vanilla sugar. When perfectly smooth add the whites of eggs, and when well mixed turn the whole on to a marble slab. Knead it well, roll it out to about  $\frac{1}{4}$  inch in thickness, and cut it into strips about 2 inches long and  $\frac{1}{2}$  inch wide. Place them on a greased and floured baking-sheet, cover them with royal icing flavoured with vanilla, and bake in a very slow oven for about  $\frac{1}{2}$  hour. These sticks may be served as dessert, or handed round with the ices instead of wafers.

# BON-BONS, DESSERT BISCUITS AND PETITS FOURS



1. Petits Fours. 2 and 3. Bon-Bons. 4. Almonds and Raisins.
5. Chocolate Bon-Bons. 6. Chocolate Truffles. 7. Salted Almonds.
8. Iced Biscuits. 9. Dessert Biscuits.

# BASKET OF SPUN SUGAR





## ALMOND TOFFEE

Take 1 lb. of loaf sugar, 5 oz. of almonds,  $\frac{1}{2}$  pint of water, a pinch of cream of tartar, and almond essence.

Blanch and skin the almonds, cut them across in halves, and dry them in the oven without browning. Dissolve the sugar in the water, add the cream of tartar, and boil until a deep amber-coloured syrup is obtained. Remove the stewpan from the fire, add the almonds, boil up again, and pour on to a buttered or oiled tin.

AMERICAN CANDY (*See CANDY, AMERICAN*)

## APPLE ROCK, AMERICAN

Dissolve 1 lb. of best cane sugar in  $\frac{1}{2}$  pint of water, and when dissolved add  $\frac{1}{2}$  pint of apple juice, a few drops of acetic acid, and a few strips of lemon peel, and boil all carefully without stirring to "large crack." Then remove the peel, add the juice of  $\frac{1}{2}$  a lemon, boil up again, pour on to an oiled slab, and fold it over and over till cool enough to handle. It can then be pulled and cut into "cushions," or cut in strips and twisted. When handling it keep the hands well dusted with icing sugar. When quite set, wrap in wax paper and store in air-tight tins or bottles.

## BARLEY SUGAR

Take 2 lb. of loaf sugar and let it dissolve in  $\frac{3}{4}$  of a pint of water, and place it on the fire to boil, with a pinch of cream of tartar. When heated to the "Ball," add a little lemon-juice, and continue boiling to the "large crack." Then add a few drops of essence of lemon, pour the mass on to an oiled marble slab, and cut it into strips. When nearly cold take the strips in your fingers and twist them, and when quite cold put them into air-tight boxes, and keep them closed down. This preparation was originally made with a decoction of barley, hence its name, "Barley Sugar."

## BARLEY DROPS

Proceed exactly the same as with Barley Sugar, except that the sugar, while hot, is to be poured into pewter moulds.

BON-BONS (*See* MARASCHINO CREAM BON-BONS and RASPBERRY CREAM BON-BONS)

## BON-BONS, DIPPED

Simple and delicious sweets may be made by dipping various centres into fondant cream as follows :—Prepare 1 lb. of fondant for dipping by heating it over hot water, then with a wire fork dip in half walnuts, squares of pineapple, stoned cherries, any glacé fruit and all kinds of nuts. The nuts are nicer if chopped and mixed with some fondant cream, formed into centres and allowed to stand some hours to set.

## BRANDY SNAPS OR WAFERS

Take 3 oz. of golden syrup,  $3\frac{1}{2}$  oz. of flour, 3 oz. of butter,  $3\frac{1}{2}$  oz. of castor sugar, 1 teaspoonful of brandy, 1 teaspoonful of ground ginger, and 1 teaspoonful of grated lemon-rind.

Melt syrup, butter, and sugar together, mix in gradually the flour and other ingredients, and stir well. Drop the mixture in even-sized heaps on to a greased baking-tin, place them about 2 inches apart so as to give plenty of room to run. Bake in a quick oven; watch them carefully until they are done, as they are liable to burn quickly. Roll up on an oiled wooden spoon handle or pastry roller; this must be done quickly, else they will break.

## BURNT ALMONDS

Take  $1\frac{3}{4}$  lb. of granulated sugar, 1 lb. of almonds, and some cold water.

Blanch the almonds and dry them thoroughly in a

cool oven. Put 1 lb. of sugar and  $1\frac{1}{2}$  gills of water into a stewpan, bring to the boil, then add the almonds, and boil gently by the side of the fire. When the almonds make a slight crackling noise, remove the pan farther from the fire, stir until the sugar granulates, then turn the whole on to a coarse sieve. Shake well, put the sugar that passes through the sieve into a stewpan, add to it  $1\frac{1}{2}$  gills of water and the remaining  $\frac{3}{4}$  lb. of sugar, and let it boil to the "small or soft ball" degree ( $237^{\circ}$  F.). Now add the almonds, which should in the meantime have been kept warm, stir until well coated, but at the first inclination they show of sticking together, remove them from the fire, and place them on the sieve as before. The second coating of sugar is frequently coloured and flavoured according to individual taste.

### BUTTER SCOTCH

Take 1 lb. of loaf sugar,  $\frac{1}{2}$  lb. of butter, a pinch of cream of tartar, and  $\frac{1}{2}$  pint of milk.

Place the sugar and milk in a stewpan, and stir occasionally by the side of the fire until the sugar is dissolved. Now add the cream of tartar and the butter a small piece at a time, and boil the mixture until a little, dropped into cold water, forms a moderately hard ball. Pour on to an oiled or buttered tin, and as soon as it is sufficiently firm, mark off into small oblongs or squares, and when cold, divide the sections thus formed. Wrap each piece first in wax paper, then in tin-foil.

### CANDIED CHESTNUTS

Take some chestnuts and loaf sugar.

Remove the shells of the chestnuts, place them in a stewpan of boiling water, boil for about 10 minutes, then drain and skin them. Replace in the stewpan, cover with boiling water, boil until tender, but not broken, and let them cool. Allow  $\frac{1}{2}$  pint of water to

each lb. of sugar, boil to the "small crack" degree (290° F.), then dip in the chestnuts 1 at a time, and place them on an oiled slab.

### CANDIED PEEL

There are 3 kinds of candied peel, viz., citron, lemon, and orange, the mode of preparation being in all cases practically the same. The rinds of sound young fruit are cut lengthwise in halves, freed from pulp, boiled in water until soft, and afterwards suspended in strong cold syrup until they become semi-transparent. Finally, they are slowly dried in a stove or in a current of hot air.

### CANDIED POPCORN (See POPCORN CANDY)

CANDY (See CANDY, AMERICAN; CANDY KISSES; CANDY, TREACLE; CANDY TWIST; and COCO-NUT CANDY, etc.)

CANDY, OR THREAD SUGAR (See BOILING SUGAR, page 175)

### CANDY, AMERICAN

Take 2 lb. of moist sugar,  $\frac{1}{2}$  pint of water, cream of tartar, tartaric acid, 1 dessertspoonful of golden syrup, saffron-yellow, and some flavouring essence.

Dissolve the sugar in the water, add a good  $\frac{1}{2}$  teaspoonful of cream of tartar, and boil to the "large crack" degree (312° F.). Pour on to an oiled slab, add a little saffron-yellow or other colouring ingredient, and flavour to taste. Any flavouring substance may be used, but it should agree with the colour of the candy; thus red should be flavoured with raspberry essence, yellow with pineapple, etc. Add also a pinch of tartaric acid and the golden syrup, work well in, fold up, then pull over an oiled hook, and cut into squares.

## CANDY, AMERICAN MOLASSES

Take 3 medium-sized cups of Demerara sugar, 1 cup of molasses, 1 cup of water, 1 oz. of butter, and  $\frac{1}{2}$  teaspoonful of cream of tartar.

Dissolve the sugar in the water, add the butter and molasses, and when boiling stir in the cream of tartar. Continue the cooking until the syrup reaches the "small crack" degree (290° F.), then turn on to an oiled slab. When cool enough to handle, pull it over an oiled hook, and when firm cut into squares.

## CANDY KISSES, BROWN ALMOND

Take 1 lb. of Demerara sugar, 4 oz. of glucose, 2 oz. of almonds, 1 oz. of butter,  $\frac{1}{4}$  pint of water, and a little caramel essence.

Blanch and chop the almonds coarsely, then bake them in the oven until golden-brown. Dissolve the sugar in the water, add the butter and glucose, and boil to the "large ball" degree (247° F.). Remove the stewpan from the fire, stir in caramel essence to taste, press the syrup against the sides of the pan by means of a spatula or wooden spoon to give the candy a grained appearance, and when it becomes cloudy stir in the prepared almonds. When sufficiently firm, pile small portions on an oiled slab, using a teaspoon for the purpose. Chopped hazel-nuts or coco-nut may be substituted for the almonds.

## CANDY KISSES, WHITE ALMOND

Take 1 lb. of loaf sugar, 4 oz. of glucose, 2 oz. of almonds, 1 oz. of butter,  $\frac{1}{4}$  pint of water, and a little vanilla essence.

Blanch and chop the almonds and dry them thoroughly. Prepare the syrup as directed in the preceding recipe, substituting vanilla essence for the caramel flavouring.



## CANDY, PINEAPPLE SNOW

Take 1 pint of clarified syrup (page 161), 1 white of egg, pineapple essence, saffron-yellow colouring, and 1 tablespoonful of castor sugar.

Boil the prepared syrup to the "small crack" degree (290° F.), and add a few drops of saffron-yellow. Meanwhile whisk the white of egg stiffly, and add to it the castor sugar and a few drops of pineapple essence. Line some moulds or small tins with oiled paper, and sprinkle the bottom and sides of them liberally with icing or castor sugar. As soon as the syrup is sufficiently boiled, plunge the stewpan into cold water to arrest further cooking, and let it cool slightly, then pour it on the white of egg and sugar preparation, and stir briskly to a froth. When ready, pour into the prepared moulds, and turn out when perfectly set. The flavour and colour may be varied as desired, the candy of course taking its name from the flavouring ingredient.

## CANDY, TREACLE

Take 1 pint of treacle,  $\frac{3}{4}$  lb. of brown sugar, 2 oz. of butter, 1 tablespoonful of vinegar, and 1 teaspoonful of bicarbonate of soda.

Place the treacle, sugar, butter and vinegar in a large stewpan, boil until a few drops will harden immediately when dropped into cold water, then stir in the bicarbonate of soda previously dissolved in a little hot water. Pour at once into an oiled or buttered tin, turn the edges in as they cool, and as soon as the whole can be handled, pull it until white, draw it into sticks, and cut into short lengths.

## CANDY TWIST

Take  $1\frac{1}{2}$  lb. of Demerara sugar,  $\frac{1}{2}$  pint of water, caramel colouring, and almond essence.

Dissolve the sugar in the water, boil to the "small



crack " degree (290° F.), then colour and flavour to taste. Pour the syrup on to an oiled slab, and as the edges cool fold them over. When the whole is cool enough to handle pull it over the candy-hook, cut it into 6-inch lengths, and twist them into a spiral form. If preferred, white granulated sugar may be substituted, and the candy flavoured with vanilla, or it may be coloured red with a few drops of cochineal and flavoured with raspberry.

### CARAMELS, CHOCOLATE

Take 3 oz. of finely-grated vanilla chocolate, 1 lb. of best loaf sugar,  $\frac{1}{2}$  pint of cream, and  $\frac{1}{2}$  pint of milk.

Dissolve the sugar in the milk, add the cream and bring slowly to boiling-point. Dissolve the chocolate in the smallest possible quantity of hot water, stir it into the syrup, and boil very gently until a little, dropped into cold water, at once hardens and snaps easily. Pour it on to an oiled slab into a square formed by bars, or, failing these, into an oiled tin. When cold, cut into squares with a caramel cutter, or buttered knife, and wrap each piece in wax paper.

### CARAMELS, CHOCOLATE, AMERICAN

Take  $\frac{1}{2}$  a teacupful of golden syrup, 1 teacupful of finely-grated chocolate, 1 teacupful of brown sugar, 1 teacupful of milk, 1 oz. of butter, 1 dessertspoonful of glycerine, and  $\frac{1}{2}$  teaspoonful of vanilla essence.

Place the syrup, butter, sugar and milk in a stewpan, bring to boiling-point, and add the glycerine. Boil rapidly for about 10 minutes, then stir in the chocolate, replace the stewpan on the fire, and continue the boiling until, when a little is dropped into cold water, a hard ball is immediately formed. Turn into well-buttered or oiled tins, allow the preparation to remain until cold, then mark with a caramel cutter, and cut into squares.

**CARAMELS, CREAM**

Take 1 lb. of sugar,  $\frac{1}{4}$  lb. of glucose, 1 oz. of butter,  $1\frac{1}{2}$  gills of water, 1 gill of cream, and a little caramel essence.

Dissolve the sugar in the water, add the glucose, and boil to 265° F. Then add the butter and cream, and stir until the mixture again registers 265° F. Remove from the fire, flavour to taste, and pour on to a well-oiled tin. When sufficiently firm mark with a caramel cutter, and when cold cut into squares, and wrap them in wax paper.

**CARAMEL DESSERT**

Cut one small box of mixed candied fruit and  $\frac{1}{2}$  lb. of almond paste or marzipan paste into fancy shapes, and press a piece of fruit and paste together. Leave for some hours to dry. If wished, when they are dry they can be dipped in caramel, then placed in paper cases. If dipped in caramel, the sugar should be removed from the fruit before pressing it on the almond paste.

**CARAMELS, STRAWBERRY**

Take 2 lb. of best lump sugar, 2 oz. of honey,  $\frac{1}{4}$  oz. of butter,  $\frac{1}{3}$  pint of cream,  $\frac{1}{4}$  pint of water, strawberry essence, and some cherry-red colouring or carmine.

Place the sugar in a copper sugar boiler or stewpan, add the water, and when dissolved stir in the honey, cream and butter. Boil to the "small crack" (290° F.), then stir in the flavouring essence and colouring ingredient, and pour on to an oiled slab. When set, cut into small squares by means of a caramel cutter or buttered knife

**CARAMEL TOFFEE**

Take 2 lb. of loaf sugar, 1 lb. of glucose,  $1\frac{1}{2}$  lb. of raw sugar, 1 tin of condensed milk or  $\frac{1}{2}$  pint cream, and  $\frac{1}{2}$  pint of water.

Put the sugar, water and glucose into the boiling-pan and set it over the fire; break down all lumps, then add the milk or cream, and stir it over the fire till it reaches the "soft crack" (290° F.), then pour out into shallow, buttered tins and leave to get cold and set. A few drops of vanilla essence added will improve the flavour. To prevent the milk from burning, it must be stirred the whole time it is boiling.

### CARAMEL WALNUTS

Shape some marzipan paste into balls, press half a shelled and peeled walnut on each side, put a small wooden skewer into each and dip in caramel, place them on a lightly-greased slab or dish and remove the skewers. When set, put each into a round paper case

### CARAMELS, WRAPPED

Take 1 lb. of loaf sugar, 1 oz. of butter, 4 oz. of glucose,  $\frac{1}{4}$  pint of water,  $\frac{1}{2}$  gill of cream, 2 drops of acetic acid, and a little vanilla essence.

Dissolve the sugar in the water, add the glucose, and boil to 280° F. Stir in the cream and butter, re-heat to the same temperature, then remove the stewpan from the fire, and add 2 drops of acetic acid and vanilla essence to taste. Turn into an oiled tin; when sufficiently firm mark with a caramel cutter, and when cold cut into squares. Wrap them in wax paper

### CHOCOLATE ALMONDS

Take some almonds blanched and dried, chocolate, and vanilla essence.

Dissolve the chocolate in the smallest possible quantity of hot water, and flavour it to taste with vanilla essence. Dip each almond in separately, and place them on an oiled slab or plates to set.

CHOCOLATE CARAMELS (*See* CARAMELS, CHOCOLATE)

## CHOCOLATE, HOME-MADE

Take  $\frac{1}{2}$  lb. of cocoa butter,  $\frac{3}{4}$  lb. sweetened cocoa powder, and  $\frac{1}{4}$  teaspoonful of vanilla essence.

Break up the cocoa butter and put it in a clean saucepan; place this over a pan of boiling water. When the butter is dissolved stir in the cocoa powder, and mix thoroughly. Lastly add the flavouring essence. Pour the chocolate preparation into thoroughly clean chocolate bar tins, or else small patty-pans. Keep in a cool place until set, then turn out the chocolate shapes.

## CHOCOLATE PRALINES

Take  $\frac{1}{2}$  lb. of icing sugar,  $\frac{1}{4}$  lb. of almonds or Barcelona kernels, chocolate, and some chocolate coating.

Blanch and bake the almonds until brown, or, when using Barcelona kernels, remove the shells, bake the nuts until the insides are brown, and take away the skins. Whichever are used, they must be coarsely chopped and finely pounded in a mortar. Place the sugar in a copper sugar boiler or stewpan, WITHOUT WATER, cook over the fire until lightly browned, stir in the almonds, and pour the whole on to an oiled slab. When cold, pound to a powder, mix with it sufficient chocolate dissolved in warm water to form a paste, and turn it into a tin. When cold, cut into squares, and coat with dissolved chocolate.

## CHOCOLATE STICKS

Take  $\frac{1}{2}$  lb. of almonds blanched and chopped, 10 oz. of castor sugar, 2 oz. of finely-grated chocolate, the whites of 2 small eggs, and some royal icing.

Pass the sugar through a fine sieve, and pound finely any coarse particles there may be. Dry the almonds thoroughly in a cool oven, pound them to a paste,

adding the sugar gradually, then add the chocolate and whites of eggs. When well mixed, turn on to a board or slab, knead well, roll out to about  $\frac{1}{4}$  inch in thickness, and cut into strips about 2 inches long and  $\frac{1}{2}$  inch wide. Place them on a buttered and floured baking-sheet, cover them with royal icing, and bake in a very slow oven for about  $\frac{1}{2}$  hour.

### CHOCOLATE TOFFEE

Take 2 oz. of unsweetened chocolate, 4 oz. of almonds, 4 oz. of icing sugar, 1 oz. of fresh butter, a little more than  $\frac{1}{2}$  gill of cream, and some vanilla flavouring.

Blanch the almonds, cut them into quarters, and brown them lightly in the oven. Grate the chocolate, melt it over a slow fire, add the cream and let it boil. Remove the pan from the fire, add the butter by degrees, then the sugar, last of all the almonds and flavouring. Mix well, and when the mixture begins to thicken, turn it on to a slightly-oiled dish or slab; it should be about  $\frac{1}{2}$  inch in thickness; when set, divide it into sections, and wrap in wax paper when cold.

### CHOCOLATE WALNUTS

Take some marzipan as directed in recipe (*see* page 150), and shape into balls about the size of a small walnut. Dip them into chocolate coating and set to dry. Place a  $\frac{1}{2}$  or  $\frac{1}{4}$  shelled walnut on top of each sweet before drying.

### CLOVE DROPS

Take a little essence of cloves, a few drops of acetic acid, 1 lb. of loaf sugar, and  $\frac{1}{2}$  pint of water.

Boil the sugar and water to the "small ball" degree ( $237^{\circ}$  F.), add a few drops of acetic acid, and clove essence to taste. Grain the syrup by pressing it against the sides of the pan with the back of the



spoon, let it cool slightly, then turn it on to an oiled sheet. Mark it in small squares with the back of a knife, and separate them when cold.

### COCO-NUT BARS

Take 1 lb. of freshly-grated or desiccated coco-nut, 3 lb. of loaf sugar,  $\frac{3}{4}$  lb. of glucose,  $1\frac{1}{2}$  pints of water, vanilla essence, raspberry essence, and some cherry-red colouring or carmine.

Cut grease-proof paper to fit the sides and bottom of a shallow box, or tin with straight sides, and arrange it carefully. Dissolve the sugar in the water, add the glucose, and boil to the "small ball" degree ( $237^{\circ}$  F.). Pour  $\frac{1}{2}$  the syrup into another stewpan, and keep it warm. Flavour the remainder to taste with the raspberry essence, and add colouring drop by drop until a pale pink colour is obtained. Grain this pink syrup by working it against the sides of the pan; when cloudy, stir in  $\frac{1}{2}$  the coco-nut and pour the mixture into the prepared box or tin. Flavour the other portion with vanilla essence, grain it in the same manner as the pink syrup, and when cloudy add the remainder of the coco-nut and pour it on the top of the pink ice. When quite cold and set, turn out of the box, and cut into slices.

### COCO-NUT CANDY

Take  $1\frac{1}{2}$  lb. of Demerara sugar,  $\frac{3}{4}$  pint of water, and 1 medium-sized coco-nut.

Remove the shell and rind from the coco-nut, and slice it thinly. Dissolve the sugar in the water, boil to the "large ball" degree ( $247^{\circ}$  F.), then remove the pan from the fire, and grain the syrup by rubbing it with the spatula against the sides of the stewpan. As soon as the mixture begins to grow cloudy add the sliced coco-nut, stir until quite thick, then pour on to an oiled tin. When sufficiently firm mark into



squares or oblongs, and when perfectly cold and firm divide into sections. White candy may be made by substituting white sugar for the Demerara.

### COCO-NUT ICE

Take 1 lb. of loaf sugar, 1 gill of cold water, 3 oz. of fine desiccated coco-nut, and a little carmine to colour.

Boil the sugar and water to 235° F. Remove the pan from the fire, add the coco-nut and stir with a wooden spoon, rubbing the mixture against the sides of the pan till it begins to turn. Pour two-thirds on to a greased tin or dish. Colour the remainder a pretty soft pink with carmine, and spread it over the white. When nearly cold cut into squares, fingers or bars.

### COCO-NUT MERINGUE ROCKS

Take  $\frac{1}{2}$  lb. of castor sugar, 2 oz. of desiccated coco-nut, 4 whites of eggs, vanilla essence, pistachios and some granulated sugar.

Pass the sugar through a fine sieve. Put the whites of eggs with a good pinch of salt into a copper bowl or large basin, and whisk them to a very stiff froth. Now stir in as lightly as possible the sugar and coco-nut, and add a few drops of vanilla essence. Have ready a baking-tin, buttered and dredged lightly with flour, and upon it pile the mixture in dessertspoonfuls, about 1 inch apart. Sprinkle  $\frac{1}{2}$  of them with finely-chopped pistachios, and the remainder with coarse granulated sugar. Bake in a slow oven from 30 to 40 minutes.

### COCO-NUT TOFFEE

Take  $\frac{3}{4}$  lb. of granulated sugar,  $\frac{1}{2}$  lb. of Demerara sugar,  $\frac{1}{4}$  lb. of desiccated coco-nut,  $\frac{1}{4}$  lb. of glucose, 1½ gills of water, and some flavouring essence.

Dissolve the sugar in the water, add the glucose,

and boil to the "small crack" degree (290° F.). Remove the stewpan from the fire, stir in the coco-nut, and boil to the "large crack" (312° F.). Add a few drops of flavouring essence, and pour on to oiled or buttered tins.

### COCO-NUT TOFFEE, FRESH

Boil 1 lb. of loaf sugar, 1 gill of water, and 1 dessert-spoonful of glucose to 300° F., take it off the fire and gradually add 4 oz. of freshly-grated coco-nut. Then boil again to 300° F., or until a light golden colour. Pour it on to an oiled tin, and when cold break into rough pieces.

### CREAM CANDIES, AMERICAN

Take 1 lb. of best loaf sugar,  $\frac{1}{2}$  gill of vinegar, some flavouring, pinch of cream of tartar, and 1 gill of water.

Boil the sugar, water, vinegar and cream of tartar to 310° F. Take off the fire, add the flavouring. Let it cool a little, then fold over and over until cool enough to handle. Then pull it and cut into squares by means of a caramel cutter or else with a pair of scissors.

### CREAMS (See OPERA CREAMS, ORANGE CREAMS, PEPPERMINT CREAMS)

### CRÈMES GLACÉS

Mix 2 oz. of glucose and  $\frac{1}{2}$  a gill of boiling water, then add sufficient icing sugar to form a stiff paste; leave this covered over with a damp muslin for 20 to 30 minutes. Then knead it thoroughly, colouring and flavouring to taste. Cut 1 small box of glacé fruits into fancy shapes; form the cream mixture into balls; press some glacé fruit on to either side of the little balls, brush the cream part over with white of egg or "prepared" gum, and dust with granulated sugar, chopped pistachio nuts, or coco-nut. Serve in small sweet cases. Glacé cherries with the centres removed

and filled with some of the cream and finished with angelica stems make a very dainty sweet, served in little round paper cases.

### EVERTON TOFFEE

Take 1 lb. of Demerara sugar, 4 oz. of butter,  $\frac{1}{2}$  pint of water, and a good pinch of cream of tartar.

Dissolve the sugar in the water, add the cream of tartar, and boil to the "large ball" degree (247° F.). Remove the stewpan from the fire, add the butter in small pieces, then boil to the "small crack" degree (290° F.). Pour on to buttered or oiled tins; when sufficiently set mark into squares or oblongs, and when quite cold divide and wrap each piece first in wax paper and afterwards in tinfoil.

### FONDANT CREAM

Take 2 lb. of loaf or granulated cane sugar, 1 dessert-spoonful of glucose,  $1\frac{1}{2}$  gills of water, flavourings, and colourings.

Dissolve the sugar in the water, add the glucose, bring to the boil quickly, and boil until the syrup registers 237° F. ("small ball"). Pour on to an oiled or wetted slab, let it cool slightly (for if worked at its greatest heat it will grain), and work it with a spatula, keeping the mass as much as possible together with a scraper held in the left hand. When the paste has become sufficiently cool, knead it well with the hands. When perfectly smooth, divide into 2 or 3 portions, colour, flavour, and knead again separately, and use as required.

### FONDANT CREAM SQUARES

Take 1 lb. of fondant cream, carmine, green colouring, essence of pineapple, raspberry and vanilla.

Make the fondant according to either of the preceding recipes, and divide it into 3 equal portions. Colour 1 portion green, and flavour it with vanilla; add a few

drops of carmine to the second portion, and flavour it with raspberry; flavour the remaining portion with pineapple. Roll out into 3 squares of uniform size and thickness, place them 1 above the other, and press lightly together with a rolling-pin. Let the paste stand for at least 12 hours, then cut up into small squares. Roll in finely-chopped dried almonds or desiccated coco-nut, or coat with chocolate. If preferred, they may be crystallized by dipping in syrup (see FONDANTS, SYRUP, page 145).

### FONDANTS, CHOCOLATE

Shape some fondant into small rounds or ovals, and allow it to stand for 12 hours. Shred  $\frac{1}{4}$  lb. of covering chocolate, place in a "Bain Marie" and melt it slowly without letting it get too hot. Next dip the fondant shapes by means of a dipping fork into the dissolved chocolate and place on grease-proof paper.

### FONDANTS, FRESH FRUIT

Rub 2 oz. of ripe red strawberries or raspberries through a hair sieve, mix with it the juice of  $\frac{1}{2}$  a lemon, 1 tablespoonful of cream, and sufficient icing sugar (about 1 lb.), add a little carmine colouring if necessary. Roll out about  $\frac{1}{4}$  inch in thickness and stamp out with a round or fancy cutter.

### FONDANTS, LIQUID

Take 2 lb. of cane loaf sugar,  $1\frac{1}{2}$  gills of water, 1 dessertspoonful of glucose, colouring and flavouring to taste.

Dissolve the sugar in the water, bring to boiling-point, add the glucose, and boil to the "small ball" degree ( $237^{\circ}$  F.). Turn on to a marble slab, work well with a spatula until white, then knead with the hands until perfectly smooth. Colour and flavour to taste, put a small portion into a cup, stand the cup in a tin of boiling water, and stir until the fondant has the appearance of thick cream. Any kind of fruit or nuts

may one by one be dipped into the liquid fondant ; care should be taken to coat them thoroughly ; cherries, grapes, etc., may be held by the stem, but nuts must be immersed and lifted out with a ring fork. During the process the fondant must be kept warm to prevent hardening.

### FONDANTS, MOULDED

Fondants are generally moulded in fancy moulds ; for this purpose a starch tray or rubber moulds must be used. Prepare some fondant icing the same as for coating cakes, heat up, then put into a paper cornet, and fill up the moulds. When cold pick out. These fondants require to be crystallized. For crystallizing it will be necessary to have a saccharometer or "pese sirop" and a crystallizing tray.

### FONDANTS, ROSE

These are made exactly the same way as Vanilla Fondants, using some carmine and rose essence flavouring instead of vanilla.

### FONDANTS, SYRUP FOR CRYSTALLIZING

Take 3 lb. of loaf sugar and 1 pint of cold water. Dissolve the sugar in the water, then boil it to the "small thread" degree (215° F.). Pour the syrup into a basin, cover with a damp cloth, and let it remain until perfectly cold. Place the prepared fondants on a crystallizing tray or drainer, pour the syrup over, cover the whole with a damp cloth, and let it stand in a rather warm dry place from 9 to 10 hours. Drain off the syrup, let the fondants dry thoroughly, and pack in air-tight boxes.

### FONDANTS, VANILLA

Take some fondant, knead it thoroughly, flavour to taste with vanilla, and form into small rounds or ovals. Allow these centres to dry for some hours, then dip them in a fondant cream covering.



## FONDANTS, WALNUT

Take  $\frac{1}{2}$  lb. of fondant cream, 18 dried walnuts, green colouring and pineapple essence.

Make the fondant cream as directed, colour it pale green, and flavour it to taste with pineapple essence. Divide into 18 equal portions, form them first into balls, then press them into oval cakes, the same shape and size as the walnuts. Place the cakes between 2 halves of walnuts, press firmly together, and let them harden in a dry and fairly warm place.

## FRUIT CANDY

Take about 1 lb. (mixed) of fresh coco-nut, cherries, raisins, figs, and citron, and shred them rather coarsely. Mix thoroughly and spread on a greased tin.

Boil 2 lb. of loaf sugar, 1 pint of water, and a small pinch of cream of tartar, to  $310^{\circ}$  F., or until it is a light-brown colour, then pour it over the fruit. When half cold mark into squares. When cold, break it up, wrap in wax paper, and keep in a tin.

## FRUIT JELLIES

Dissolve together in a saucepan  $3\frac{3}{4}$  lb. of loaf sugar and  $1\frac{1}{4}$  pints of hot water. Add 2 oz. of previously soaked gelatine and boil well from 20 to 30 minutes—skim carefully, then colour and flavour sparingly with fruit essence according to taste. Pour some of the mixture into wet jelly trays or soup plates. Leave to set in a cool place. Then turn out on a board floured with icing sugar, dredge the surface also with icing sugar. Next cut into desired shapes. Leave again to dry on grease-proof paper for some hours.

## GINGER TOFFEE

Take 2 lb. of Demerara sugar, 1 oz. of ground ginger, and  $\frac{1}{2}$  a pint of water.

Dissolve the sugar in the water, bring gently to boiling-point, stirring occasionally in the early part



of the process, and continuously when nearing boiling-point. When the syrup has reached the "small ball" degree ( $237^{\circ}$  F.), add the ginger, replace on the fire, stir until it begins to thicken, then pour into a tin lined with well-buttered paper. When cold, cut into diamonds, squares, or any other shape required

**HARDBAKE** (*See* ALMOND HARDBAKE)

### HARD GLAZE

Take  $\frac{1}{2}$  lb. of the best loaf sugar,  $\frac{1}{2}$  gill of water, and some fresh or candied fruit.

Fresh fruit must be dried thoroughly; candied fruit must be washed free from sugar and afterwards dried. Dissolve the sugar in the water, add a few drops of lemon-juice, and boil to the "small crack" degree ( $290^{\circ}$  F.). Plunge the stewpan into cold water to prevent the preparation becoming over-cooked, and at once dip in the prepared fruit one by one. Place them on an oiled tin until cold, then transfer to sheets of white paper.

### LEMON AND ACID DROPS

Take  $1\frac{1}{2}$  lb. of loaf sugar,  $\frac{1}{2}$  pint of water,  $\frac{1}{2}$  teaspoonful of cream of tartar, essence of lemon, and 1 dessertspoonful of tartaric acid.

Boil the sugar, water, and cream of tartar together until the mixture acquires a pale yellow tinge, add essence of lemon to taste, and turn the preparation on to an oiled slab. Sprinkle on the tartaric acid, work it well in, and, as soon as it is cool enough to handle, form into thin rolls, cut off short pieces with the scissors, and roll into shape under the hand. Coat with sifted sugar, dry well, and afterwards store.

### MARASCHINO CREAM BON-BONS

Take 2 oz. of gum arabic, 2 tablespoonfuls of maraschino, icing sugar, and 1 gill of hot water for the centres;

and about  $1\frac{1}{2}$  lb. of icing sugar, 2 whites of eggs, 1 teaspoonful of lemon-juice, coffee essence, and caramel for coating.

Pass the sugar through a fine hair sieve. Soak the gum arabic in the gill of hot water, strain, add the maraschino and as much icing sugar as will form a paste firm enough to be cut, yet sufficiently moist to pass readily through the forcer, and work until elastic. Put it into a paper cornet or forcing-bag, and as it is pressed out, cut it into small pieces, and let them drop on to a paper liberally dredged with icing sugar. Allow these centres to remain in a warm place until they harden slightly. Add the lemon-juice and whites of eggs gradually to about  $\frac{3}{4}$  lb. of icing sugar, work until perfectly smooth, then flavour to taste with coffee essence, and colour with caramel. Dip in the centres one by one, and let them remain on a wire tray until dry.

*Note.*—Curaçoa or any other liqueur, orange-flower water, and many flavouring essences may be substituted for maraschino, the bon-bons of course taking their name from the flavouring ingredient used.

## MARRONS GLACÉS

Cut the shells carefully off 2 lb. of chestnuts, then put them into a saucepan with enough cold water to cover them and 1 oz. of flour (this cleanses them). Boil till tender, about  $\frac{1}{2}$  hour. When cooked take them out one at a time and remove all the husks; be careful not to break them. Pack them closely together in an earthenware vessel.

Boil a syrup made with 1 lb. of loaf sugar and  $\frac{1}{2}$  pint of cold water and about 1 inch of vanilla pod to  $218^{\circ}$  F. Remove the pod and pour the syrup when nearly cold over the chestnuts. Bring the chestnuts to simmering point and allow to get cold. Let them stand in the syrup for 2 or 3 days, adding more syrup if required (the second syrup should be added hot, or,

if added cold, the chestnuts should be heated in it as before), then drain the chestnuts. Put back into the pan, pour on some fresh syrup boiled to 220° F. Bring carefully to the boil, then grain the syrup slightly by rubbing the spoon against the side of the pan to give a cloudy appearance. Lift out the chestnuts, drain well. When dry, put into paper cases.

### MARSH MALLOWS

Take  $\frac{1}{2}$  lb. of icing sugar,  $\frac{1}{4}$  lb. of gum arabic, 3 whites of eggs,  $\frac{1}{2}$  pint of water, and a little caramel essence.

Soak the gum arabic in the water until soft, then heat gently until dissolved, and strain it through fine muslin. Return to the stewpan, add the sugar, and when dissolved, stir in the whites of eggs, and whisk until the mixture is quite stiff. Flavour to taste, sugar, and let it remain for about 10 hours. When ready, cut into small squares, and dredge them liberally with icing sugar.

### MARZIPAN ALMONDS

Roll out some green-coloured marzipan, cut into rounds and press each into almond moulds. Then put a blanched almond on the lower half, close the mould and press both sides together, then open and allow the marzipan almond to drop out.

### MARZIPAN (Colourings and Flavourings)

Carmine. Flavour with rose or raspberry.

Green. Flavour with noyau or maraschino.

White. Flavour with vanilla.

### MARZIPAN DATES

Remove the stones from the dates, then fill up with marzipan paste (kernel shapes slightly larger than the date stones). Dip each in caramel, let cool, and place in oval paper cases. French plums can be treated in the same way.

**MARZIPAN MUSHROOMS**

Take a small piece of nicely flavoured white marzipan, and with the fingers shape it as much like a mushroom as possible, then carefully dust the inside with grated chocolate. Form some thick short stems of marzipan, dip one end into slightly beaten white of egg, and place in the centre of the mushroom; leave till thoroughly set, when they are ready for use.

**MARZIPAN PASTE**

Boil  $\frac{1}{2}$  pint of water, 1 lb. of loaf sugar, and a tiny pinch of cream of tartar, to 235° F. Remove from the fire and stir in gradually 12 oz. of ground almonds and 2 whites or 1 whole egg (slightly beaten). Place over a gentle heat for a few minutes to cook the egg. Turn on to a large dish or marble slab, and work up and down with a spatula till the paste is cool enough to handle. Then knead it till perfectly smooth, working in colouring and flavouring to taste at the same time. A little icing sugar can be used to prevent the paste from sticking to the hands or board.

**MARZIPAN PASTE FOR FILLING FRUIT**

Put  $\frac{1}{2}$  lb. of icing sugar into a basin, and add to it a similar quantity of ground almonds; add the white of an egg and mix to a stiff paste, then knead it a little on a slab or board, roll it out into oval pieces, and neatly fill with it some large stoned dates, prunes, or other fruits.

**MARZIPAN ROLLS OR LOGS**

Take about 2 lb. of marzipan paste (white, pink and green), about 2 oz. of covering chocolate, and some desiccated coco-nut.

Roll out the white marzipan rather thinly; then roll out the pink to  $\frac{1}{8}$  inch in thickness, keeping it the same shape as the white. Brush the white

lightly over with white of egg, and completely cover it with the pink. Cut away any pieces that are over, and make the joining of the pink as neat as possible. Then roll out the green in the same way as the pink. Brush over with covering chocolate, which should be shredded and dissolved over gentle heat or boiling water. Finally roll in desiccated coco-nut. Cut into neat blocks when set

### NEAPOLITAN CREAMS

Beat 1 white of egg slightly, mix it with 1 pint of water, and work in enough sifted icing sugar (about 1 lb.) to form a stiff paste. Divide into 3 pieces. Into 1 piece work 8 oz. of grated vanilla flavoured chocolate; another colour pink and flavour with raspberry. Leave 1 white and flavour with vanilla; roll each piece out about  $\frac{1}{4}$  inch thick, brush very lightly over with white of egg, place on top of each other, brush both sides over with covering chocolate, sprinkle with 2 oz. of desiccated coco-nut. When dry cut into fancy shapes.

### NOUGAT

Take 4 oz. of icing sugar, 4 oz. of honey, 8 oz. of almonds, 2 whites of eggs, and some wafer paper.

Blanch and dry the almonds thoroughly. Line a box of suitable size first with white paper and then with wafer paper, both of which must be cut to fit exactly. Put the sugar, honey and whites of eggs into a copper sugar boiler or pan, and stir by the side of the fire until the mixture becomes thick and white. Drop a little into cold water; if it at once hardens, remove the pan from the fire, and stir in the almonds. Dredge the slab with icing sugar, turn on to it the nougat, and form into a ball. Press into the prepared box, cover with paper, let it remain under pressure until cold, then cut up into squares.



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### NOUGAT BASKET

Take  $\frac{3}{4}$  lb. of best castor sugar,  $\frac{1}{2}$  lb. of almonds, and 1 dessertspoonful of lemon-juice.

Prepare the nougat as in the preceding recipe, and keep it warm. Take a small quantity at a time, spread and roll it out thinly, mould it into the desired shape, and trim the edges with a pair of scissors. Handles may be made of fine strips of nougat; they should be moulded on a round ruler, a rolling-pin, or anything of suitable size and shape, but whatever is used, it should first be covered with oiled or buttered paper. The ends, when slightly warmed, are easily attached to the baskets. This may also be used for lining moulds, which should be previously oiled.

### NOUGAT, CHOCOLATE

Take 4 oz. of honey, 12 oz. of sugar, 12 oz. of hazelnuts, 6 oz. of chocolate, and the whites of 4 eggs. Mix them together, proceeding as for Nougat, White French.

### NOUGAT, WHITE FRENCH

Take 6 oz. of sweet almonds and 1 oz. of pistachios, blanch, and dry them in the oven; then put into a pan 4 oz. of the best white honey, and 4 oz. of icing sugar. Boil them together to the "large crack." In the meantime, whisk the whites of 2 eggs to a stiff froth, pour in the sugar and whisk until it is well mixed, then put it over a slow fire, and allow to simmer. Stir until it is sufficiently boiled, so that the paste will not stick to the finger, and when you can make it, "small ball" remove from the fire. Add the almonds, pistachios, and 1 oz. of burnt almonds. Spread some wafer paper on a board and pour the nougat on it, spreading as evenly as possible, and about 2 inches thick. Place some wafer paper on the top, then press well between 2 boards with heavy weights on top. Let it stand until next day, when it should be cut into blocks, and wrapped in wax paper.



### OPERA CREAMS

Take 1 lb. of fondant, 1 gill of double cream, 1 lb. of icing sugar, and colouring and flavouring to taste.

The fondant for opera creams should not be boiled higher than 240° F. Put the fondant and cream into a saucepan, and melt very slowly, being careful not to make the mixture too hot, just barely warm. Add colouring and flavouring to taste, then sufficient icing sugar to make into a stiff paste. Beat the mixture well. Line a tin with grease-proof paper, pour in the mixture to about 1 inch in thickness. When cold cut into squares.

### ORANGE CREAMS

Take 8 oz. of icing sugar, a small pinch of tartaric acid, orange-juice, white of an egg, and some yellow colouring.

Sieve the sugar and add tartaric acid, mix to a stiff paste with the strained orange-juice and about half of a lightly-beaten white of egg, and add a little yellow colouring. Mix thoroughly and knead lightly. Form into marbles or ovals, place them on grease-proof paper, and allow to dry for 2 or 3 hours. Serve in fancy paper cases.

### PEPPERMINT CREAMS

Proceed the same as directed for Orange Creams, use cold water in place of orange-juice, omit the colouring, and add sufficient peppermint essence to flavour. Knead the cream thoroughly, roll out about 1 inch thick, cut into rounds, make a small dent in the centre. Lay out on grease-proof paper from 3 to 4 hours.

### PEPPERMINT JELLIES

Follow the directions as given for making Turkish Delight—colour green and flavour with essence of peppermint, instead of using other flavourings.

## POPCORN CANDY

Take 1 lb. of sugar,  $\frac{1}{2}$  gill of water,  $\frac{1}{2}$  gill of molasses, 1 oz. of butter, a tiny pinch of cream of tartar, and 1 pint of popcorn.

Boil the sugar, cream of tartar, water, and molasses to 240° F. Then let the bubbling cease and add the butter. When it is dissolved, add the popcorn. Stir gently till the corn is coated all over, pour on to oiled tins or dishes, or it can be poured on to an oiled slab, and when cool enough to handle rolled into balls. When quite set, wrap in wax paper.

*Note.*—If wished this candy can be coloured and flavoured. A harder candy can be made by boiling the sugar to a higher degree, being careful it does not burn. It can be boiled safely to 280° F.

## POPCORN, TO PREPARE

To make popcorn sweets of any kind the corn is prepared in the following manner:—Procure the best Indian corn, put a thin layer of corn into a wire frying basket, shake it over a very slow fire or low gas till all the corn has “popped,” when it appears white and floury. If the corn is sprinkled with castor sugar before popping it will improve the flavour and appearance. Americans use a proper “corn popper” for this.

## RASPBERRY CREAM BON-BONS

Take for the centres: 2 oz. of gum arabic, icing sugar, carmine, and essence of raspberry. For coating: 4 oz. of unsweetened, finely-grated chocolate, 2 whites of eggs, 1 teaspoonful of lemon-juice, and about 1 $\frac{1}{2}$  lb. of best icing sugar.

Pass the sugar through a fine hair sieve. Soak the gum arabic in 1 gill of hot water, strain, colour and flavour to taste, stir in gradually as much icing sugar as will form a paste firm enough to be cut, yet moist enough to pass readily through the piping tube, and

work it well. Have ready a paper cornet with a tube attached, fill with the preparation, press out, cut off into small pieces, and let them fall on to a paper covered thickly with icing sugar. Let the bon-bons remain in a warm place while the coating is being prepared, in order that they may slightly harden. Put about  $\frac{3}{4}$  lb. of icing sugar into a basin, add the lemon-juice and whites of eggs gradually, and work until perfectly smooth. Put the chocolate with a tablespoonful of warm water into a basin, place it over a small saucepan of boiling water, and stir until dissolved, and when cool, add it to the white of egg and sugar preparation. Mix thoroughly, dip in the bon-bons one by one, place on a wire tray, and allow them to dry.

### RASPBERRY HARDBAKE

Take 2 lb. of best cane sugar,  $\frac{1}{2}$  pint of water, some raspberry essence, a few drops carmine, and 1 dessert-spoonful of glucose.

Boil sugar, water and glucose to 315° F. Take the saucepan off the fire, let it stand a minute, then add flavouring and colouring to taste. Mix carefully. Pour on to an oiled tin; when nearly set mark with a caramel cutter; when cold break into squares and wrap up in wax paper.

### RUSSIAN TOFFEE (*See TOFFEE, RUSSIAN*)

### SHAVINGS

Pound in a mortar 4 oz. of ground almonds with 5 oz. of castor sugar and the white of an egg. Mix this with  $\frac{1}{2}$  oz. of cornflour and enough cream to make it into a thick batter. Put the mixture into a forcing-bag with a plain pipe and force out long or short strips on to a waxed baking-tin. Bake in a sharp oven for a few minutes, and roll each strip whilst hot round a buttered roller (small round wood or iron stick). They

must be so twisted as to give each strip a spiral-like shape. Remove quickly but carefully from the roller, and dish up.

### SPUN SUGAR

Take  $\frac{1}{2}$  lb. of best cane loaf sugar, let it dissolve in a gill of water, then boil to the "small crack." Add a pinch of cream of tartar, remove the pan from the fire, and place by the side of the stove. Then take a table-spoon in your right hand, dip it into the sugar, and let the contents drop into the pan, until the sugar runs in a fine thread. Then take in your left hand a large kitchen knife, and hold it in a horizontal position about the height of your shoulder. Spin the sugar into fine long threads, by moving the spoon to the right and then to the left, held in a horizontal position and above the knife, so that the thread may rest on the flat of the knife, which must be previously oiled. Then take off the threads, and cut them on a table, or board, according to your requirements.

*Note.*—To spin sugar successfully, it must not be done in a draught. Two long clean tins should be placed on the floor, so that the extremities of the threads cannot touch the ground. If the sugar gets too cold, place on the fire to melt.

#### THE USES OF SPUN SUGAR

Spun sugar, or more correctly, web-work sugar, is chiefly used for the ornamentation of sweet dishes, such as charlottes, timbales, dessert ices, French pastry, pyramids, fancy baskets, and many other decorative purposes. It is made by boiling cane sugar in a little water to  $290^{\circ}$  on Senn's Saccharometer, a point known as the small crack or hard feather, at which temperature the sugar will begin to thread.

The operator then takes an oiled rolling-pin or knife handle in his left hand, holding it up as high as his shoulder, and with the right hand he dips a bunch of wires, or a couple of forks tied together, into the hot sugar. He then runs the wires backwards and forwards in a quick rotary motion over the oiled surface, thus causing the sugar to form long silky threads, nearly reaching the floor. A tin should be placed on the ground to prevent the threads touching. The motion is continued until a soft veil of sugar is obtained, the threads

being fine or coarse according to whether the motion has been fast or slow. The sugar may be then kept in air-tight tins for future use.

Instead of the oiled rolling-pin or knife handle which the operator holds in his left hand, an upright bar of wood is sometimes substituted. It should be about 18 inches high, and 2 inches square, fastened to a block with a movable arm having a slit in it, to slide up and down. The arm can be raised to any required height to suit the sugar spinning, and one scroll can be placed in it while another is fastened on to it, thus joining several sections together, if necessary. There should be pin-holes in both the upright and the arm, through which to pass a wooden pin to hold the sugar at the proper height.

Another method of making spun sugar, which is known as masquing, is carried out by the aid of a docker, or circular piece of wood with a few wire pins in it, about 2 inches in length. This is dipped into the hot sugar, and then passed up and down over the article to be coated, such as gâteaux, fancy cakes, continental pastries, etc., just before sending to table.

## SUGAR CANDIES

Take 1 lb. of loaf sugar,  $\frac{1}{2}$  a level teaspoonful of cream of tartar, 1 gill of water, a few drops of tartaric acid, and some colouring and flavouring.

Boil the sugar, water, and cream of tartar to 310° F. Then pour it on to an oiled slab, sprinkle with tartaric acid, colouring and flavouring to taste. Fold over and over till cool enough to handle. Then pull into strips and cut into pieces about 1 inch square, wrap in wax paper and keep in air-tight tins.

*Note.*—These candies should be pulled as hot as possible.

## TANGARINE ORANGES

Colour and flavour carefully some marzipan with tangarine essence and yellow colouring—then make up into neatly-shaped balls, and shape like very small oranges, press a clove in one end and make a stalk of angelica at the other. Roll in a little fine white castor or icing sugar and lay out to dry well on grease-proof paper. Put each into a small paper case



TOFFEE (*See also* Recipes for ALMOND TOFFEE, CARAMEL TOFFEE, COCO-NUT TOFFEE, EVERTON TOFFEE, and GINGER TOFFEE)

Take 1 lb. of loaf sugar,  $\frac{1}{4}$  pint of water, a pinch of cream of tartar, and some lemon essence or other flavouring.

Put the water and sugar into a sugar-boiler or stew-pan, stir occasionally until dissolved, bring to the boiling-point, and add the cream of tartar. Boil to the "small crack" degree (290° F.), pour into an oiled tin, allow it to cool slightly, then mark off into diamonds or squares with a knife, and when cold divide into sections thus formed.

### TOFFEE, FRENCH

Take 1 pint of golden syrup,  $\frac{3}{4}$  lb. of granulated sugar, 2 tablespoonfuls of coco-nut, 2 tablespoonfuls of almonds, 2 tablespoonfuls of vinegar, 1 teaspoonful of lemon-juice, and 1 egg.

Put the golden syrup and sugar into a copper sugar-boiler or pan, and boil to the "large crack" degree (312° F.). Add the almonds previously blanched and chopped coarsely, the coco-nut, vinegar, lemon-juice, and the well-beaten egg. Replace on the fire, bring to boiling-point, and pour on to wet tins.

### TOFFEE, LEMON

Take 1 lb. of granulated sugar, 4 oz. of butter, the juice of 1 lemon, and a few drops of essence of lemon.

Melt the butter in a stewpan, add the sugar, boil up slowly, stir and boil for a few minutes, and add 1 teaspoonful of lemon-juice, continue boiling to the "small crack" degree (290° F.), add the rest of the lemon-juice and a few drops of essence of lemon, and pour on to a buttered or oiled tin.



## TOFFEE, RASPBERRY

Take 1 lb. of sugar, 1 gill of cold water, a few drops of cochineal, a few drops of raspberry essence, and a pinch of cream of tartar.

Dissolve the sugar in the water, then add the cream of tartar, bring to boiling-point, skim carefully, and boil to the "large crack" degree (312° F.). Remove the stewpan from the fire, stir in the cochineal and raspberry essence, and pour into an oiled or buttered tin. Let it harden stiffly, then mark off into sections, and divide when cold.

## TOFFEE, RUSSIAN

Take  $\frac{3}{4}$  lb. of loaf sugar,  $\frac{3}{4}$  pint of cream, and some flavouring essence.

Dissolve the sugar in the cream, stand the stewpan in a bain-marie or tin of boiling water, and stir and cook until the mixture thickens and leaves the sides of the pan. Remove from the fire, stir in the flavouring essence, pour on to oiled or buttered tins, and when cold cut into squares.

## TOFFEE, TREACLE

Take 1 pint of treacle, 2 oz. of brown sugar, 1 oz. of butter,  $\frac{1}{2}$  gill of vinegar,  $\frac{1}{2}$  teaspoonful of bicarbonate of soda, and some essence of almonds.

Place the sugar in a sugar-boiler or stewpan, pour on the vinegar, and when dissolved add the treacle and boil to the "large ball" degree (247° F.). Remove the pan from the fire, add the soda dissolved in a little hot water, the butter, almond essence to taste, boil to the "small crack" degree (290° F.), and pour into an oiled or buttered tin. When partially set, mark into bars or squares, and when quite firm break into sections

## TOFFEE, WALNUT

Take 2 lb. of golden syrup, 1 lb. of walnuts, 1 tablespoonful of glucose, and a good pinch of bicarbonate of soda.

Blanch the walnuts, break them into small pieces or chop them coarsely, and dissolve the bicarbonate of soda in a small quantity of hot water. Bring the syrup slowly to boiling-point, add the glucose and boil to the "small crack" degree (290° F.). Now draw the stewpan aside, stir in the prepared walnuts and bicarbonate of soda, and at once pour on to an oiled or buttered tin. When sufficiently set, mark into sections, and when perfectly cold, divide and wrap each piece in wax paper.

TREACLE TOFFEE (*See* TOFFEE, TREACLE)

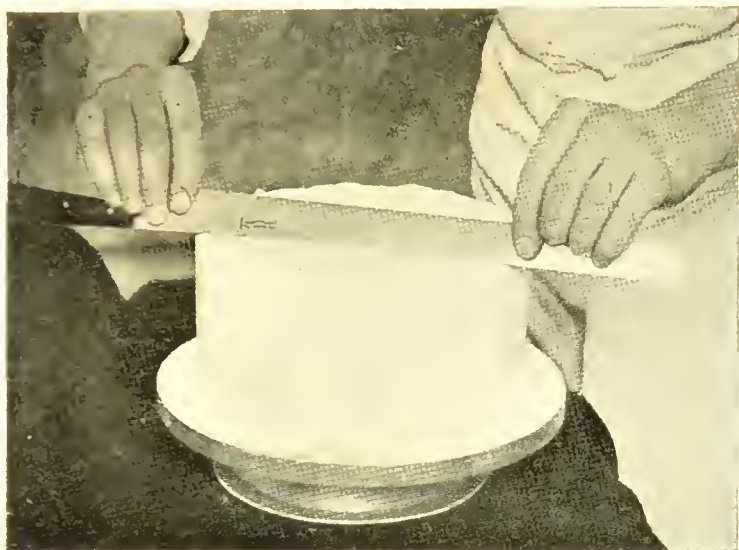
## TURKISH DELIGHT

Take  $\frac{1}{2}$  lb. of icing sugar, 1 lb. of loaf sugar, 1 oz. of leaf gelatine, 2 oz. of almonds or pistachios, 1 orange, 1 lemon, 1 tablespoonful of rum, and 1 gill of water.

Put the gelatine to soak in cold water. Blanch the almonds or pistachios, and chop them coarsely. Remove the rinds of the orange and lemon in thin fine strips, place them in a copper sugar-boiler or stewpan with the loaf sugar, water, and the strained juice of the orange and lemon. When boiling add the gelatine, simmer until dissolved, then strain into a basin and add the rum. Let the mixture remain until on the point of setting, then stir in the almonds or pistachios, and pour at once into a wetted round tin. When perfectly set, turn the jelly out, cut it into 1-inch square pieces, and roll them in icing sugar.

WALNUT TOFFEE (*See* TOFFEE, WALNUT)

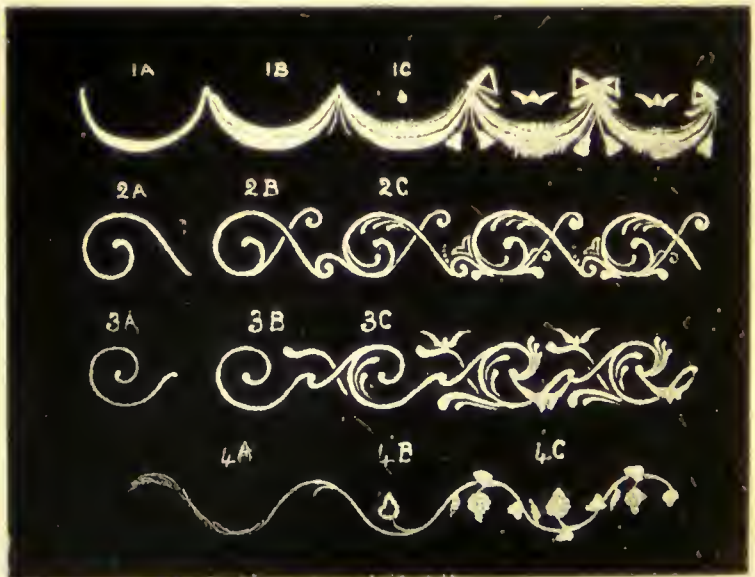
## ICING



1. Coating the Top.      2. Coating the Side.



1. Overpiping or Overlaying one String upon another ; Scrolls, etc.



2. Side Designs.

## CHAPTER VIII

### ICING AND PIPING

THE decoration of cakes is by no means as difficult as it would at first appear. Although this art has reached a very high standard professionally, the uninitiated with a gift for designing can, by adhering carefully to the following instructions, produce very good work. As in all creative arts, practice makes perfect.

If the cake which is to be iced is to have a layer of Almond Icing, its top should be cut level, otherwise, to get the flat top which is so desirable, one would have to use too much almond paste, and the cake would look unsightly when cut. Cakes should be iced when cold.

Take a fairly large portion of almond icing and, making it into the shape of a ball, flatten this with the rolling-pin. Keep the slab dusted with castor sugar. Having rolled this paste out roughly to the size of the cake and about one inch in thickness, place this on the top of the cake and press it level and smooth with the hand. The sugar covering must now be spread on. The method of doing this depends on the icing chosen. Any soft sugar coating will, of course, be poured over the cake, whereas Royal Icing (*Glacé Royale*) must be spread on the top and round the sides with a palette or other pliable knife. To obtain the smooth surface which is seen on cakes iced by the expert, the simplest method is to take a long knife or a smooth wooden ruler and, holding it at each end, draw this firmly but evenly toward you across



the roughly iced top (*see* Icing Illustration, Plate 1). Now place the cake upon an inverted plate or preferably a turn-table and, by holding a piece of card or a broad knife-blade lightly against the side with one hand and turning the cake with the other, all superfluous icing will be scraped off, leaving a perfectly smooth side (*see* Icing Illustration, Plate 2).

The cake, now completely iced, must be dried gently in a warm place, care being taken to prevent any dust from falling on it. It must not be subjected to too great a heat as this cracks and discolours the sugar. It is also advisable to keep a damp cloth covering your basin of sugar when not in use, as this will prevent a dry skin from forming on the top.

**PRELIMINARY PRACTICE**—Before attempting the actual decoration of a cake, it would be advisable for the beginner to spend a little spare time in practising on a piece of cardboard or a plate, so as to become acquainted with the material employed and the simplest method of using it. The tools are by no means expensive, and consist of a dozen or so Icing Pipes, or Tubes as they are also known, and a little good-quality grease-proof paper.

There are many materials that may be used in the decoration of cakes, gâteaux, etc. Among these butter-cream and royal icing are the foremost. I have found ordinary lard beaten with a fork until soft a very economical and admirable substance to use when practising. The piping tubes (*see* diagrams, p. 163) may be obtained at any good-class ironmongers, and as you will see, are of different patterns, each one having its own particular use. Numbers 1, 2 and 3 are called *string tubes*, as the sugar is forced out in the form of a string. They can also be used for writing or piping dots of various sizes. Numbers 4 and 5 are fine-pointed *star tubes* required for piping big bulbs and stars for use round the top and bottom edges or round the borders of the cake. Number 6





1



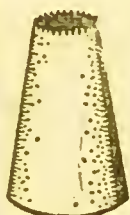
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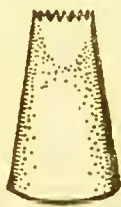
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6

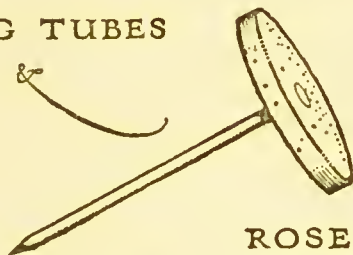


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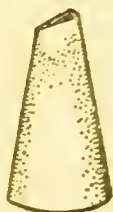


8

PIPING TUBES



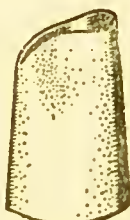
ROSE NAIL



9



10



11



12

12

is a coarser star, used for the same purpose, and forms decorations with more distinct ridges. Number 7 is a *band or ribbon tube*, producing a crinkled ribbon. Number 8 is a different form of ribbon tube which can, with a simple manipulation, be used for making realistic leaves. Numbers 9, 10 and 11 are called *rose-petal tubes* and are used for piping roses and flowers of every description, while number 12 is a tube that, with one pressure, will form violets, forget-me-nots, and any similar star-like flowers.

We will assume that the reader now commences to practise. With a piece of grease-proof paper make a paper cornet, shaped like a grocer's ordinary paper bag, to contain the sugar. Then take the large-sized string tube No. 3 and place it in the bottom of the bag, fill this with your previously beaten sugar, cream, or whatever material you are using, and close the top securely either by screwing it up or by folding the paper together. Next tear off the point of paper to expose about a  $\frac{1}{4}$  of an inch of the icing tube.

Take a piece of cardboard, a plate, or any such smooth surface, and lay this upon the table. By holding and squeezing the sugar bag with one hand and steadying and guiding it with the other, you should now endeavour to draw a straight line. The cornet should be held almost upright, with the point of the tube resting on the cardboard. For small work the bag should be made small, and held like a pen with the thumb pressing on the folded end. A large bag should be held so that it is gripped firmly in the palm of the hand. Press the sugar cornet quite evenly, taking care that the sugar does not ooze out of the closing at the top. You will possibly find that your string of sugar constantly breaks. This is because you are moving the bag too quickly, faster than the sugar can issue from the tube. After a little practice you will find the most comfortable way of holding the paper cornet and will be able to adjust the pressure to

suit the movement. Now try and pipe a straight string by holding the tube at least  $\frac{1}{2}$  an inch above the cardboard. To do this you must move your hand quite slowly, letting the sugar string hang from the tube, and squeezing the bag very gently.

Do not become discouraged by any slight difficulty you may experience for, as soon as you become familiar with handling a paper cornet and develop a freedom of movement, you will be surprised with what ease you can produce the various forms. Now by holding the tube near the cardboard and pressing slightly, and then by moving the hand somewhat and releasing the pressure, a pear-shaped bulb will result. Next pipe a string of these pear-shaped bulbs, each one joining the previous one. A little practice will soon perfect these, and you will have already learned to pipe the first stages of a border. When you have achieved this, it is a simple matter to pipe a row of dots. To do this, do not have your icing tube touching the card, squeeze slightly and then suddenly release the pressure, at the same time lifting the sugar bag away. Pipe first a row of even-sized dots and then a string of graduated dots.

Now, with your tube almost touching the cardboard, draw the letter **S**, commencing and finishing the ends with a little spiral. Then pipe another of these **S** scrolls, and on the top of this lay another string in the same form, holding your bag well above the card. Touch the beginning of the scroll with the tube and raise your hand up, squeezing gently. Now move your bag very slowly, letting the string of sugar which is hanging from your tube fall gently into place on to the top of the first scroll. This is called overpiping or overlaying one string upon another (*see* Piping Illustration No. 1, Plate 1). Next try the same processes in forming a letter **C** with the ends also curled. After the scroll has been overpiped, place a row of graduated dots inside this, with the largest one in the middle.

If you will examine the Piping Illustration No. 1, you will see these various exercises and designs. They were all piped with the string tube No. 3. During the actual decoration of a cake it is sometimes found necessary to sketch out part of the design with a small string tube, you can then make the design much bolder by overpiping with other tubes. Hence the necessity for practising this. In the illustration referred to it will be seen that some of the scrolls swell out and become thicker in parts. By keeping up an even pressure and moving the bag much more slowly, the sugar is forced out far thicker than the opening in the tube. *While piping, one should use an even pressure throughout. All the different thicknesses are produced merely by moving the hand faster or slower.* Do not rely upon set designs, pipe anything; make up scrolls and curves of your own, you will then gain far more confidence and may attempt to pipe an actual cake.

PIPING THE CAKE—I would advise the novice to pipe his first cake entirely in white. He would then not have to be bothered with any colour scheme. Take the previously iced and dried cake and place it upon the inverted plate or turn-table at a height convenient to pipe the top. Mark out a six- or eight-pointed star or, better still, cut one out of cardboard and put a pin head-downwards through the centre. This will enable you to lift it off easily. Place this cardboard star in the centre of the cake top and with the string tube No. 1 outline this about an eighth of an inch away all round. When this has been done, remove your cardboard star by means of the pin. Now take tube No. 2 and pipe another star, outside the previous one and an eighth of an inch larger. Repeat this again with a tube No. 3, taking care to make the corners sharp. It is best to do this by the string method of holding the bag well above the cake. You should now have three stars of different thicknesses one inside the other. Keep your paper

bags of sugar on the slightly dampened cloth covering your basin of icing. This will prevent the sugar in the tubes from drying. Now with the tube No. 3 pipe four large pear-shaped bulbs, points inwards, and between these insert four little silver leaves. At the junction of these bulbs and leaves, in the centre of the star, pipe a large round dot, and upon this fix a silver ball. This completes the centre.

The borders must now be attended to. For this you should use your icing tube No. 6. Make a large paper bag and fill this with sugar. On the extreme edge or corner of the cake top commence to pipe a string of very large pear-shaped bulbs as explained earlier, each one joining the previous one. Press them well on to the cake or they will be liable to drop down. You will now see the beautiful effect of the little teeth on the tube. Continue this all round the cake, keeping the string as even as possible. When the last one, which should fit in comfortably, is reached, stop pressing and draw the bag away sharply to make a neat finish. Repeat this procedure at the bottom.

Now take your bag with tube No. 1, and, resting it on the cake top, follow the outline of the border with a series of curves, inside the border and an eighth of an inch away. Do this also on the side, just under the top border, and also an eighth of an inch above the bottom border. As the pear-shaped bulbs have a curved outline, it is a simple matter to follow this with the tube resting on the cake a short distance away. This thin outlining has a wonderful effect when done properly; it shows up the border. You will see the beauty of this in the photograph of a cake top (Piping Illustration No. 2, Plate 1). There now remains the side to be done. With the tube No. 2 pipe a C scroll lying on its back, that is to say with the curled ends upwards. You will find it more convenient to pipe this in two halves, for by this means the two ends of your scroll will be alike. Commence



with the scroll on the right and finish halfway along the back, then start the second half, with the scroll on the left. Make the join as neatly as possible. Next in the same way pipe another **C** scroll at the side of, and on a level with, the first one. Now continue this round the cake, keeping the scrolls as even in size as possible. When you reach the first scroll, pipe a few graduated dots along the back of the **C** covering the join, the largest dot being in the middle. Next make a pear-shaped bulb between the two curled ends, point downwards. This completes the piping of the cake, which will be found very effective.

**A FEW USEFUL HINTS.**—The following hints should always be noted when piping cakes of any description.

(1) Do not overcrowd the decoration, leave plenty of clear spaces, for simplicity and neatness produce a far more beautiful result than a mass of heavy designs.

(2) Always keep the borders bold and outstanding, for they represent the framework of the design.

(3) A little artificial ornament, such as orange blossom, silver leaves and balls, or heather, when neatly placed will often brighten up a very plain design. On no account should they be used too freely.

(4) Remember that straight lines and dots are a great help in creating a striking impression ; the best designs are often arrived at with the least labour.

**THE BIRTHDAY CAKE.**—Let us now suppose that a cake is to be decorated in the birthday-cake style, using the same design as before but piped in pink and white.

Place a little of your Royal Icing into a small basin and colour this a delicate shade of pink. Avoid any very bright hues, as nothing looks more unsightly than a gaudy cake covered with flaming colours. Next, on your white-coated cake, pipe in pink the star as before described. In the centre write the name or inscription, then pipe the top and bottom borders in white exactly as before, but the thin outlining on the top and sides should be done in pink instead of white. Next pipe



the C scrolls in white, overlay these with a thinner string of pink, and pipe the dots also in pink. The pear-shaped bulb must now be made in white, with a smaller bulb pressed on top. Lastly, with the same tube, pipe pink dots on the borders, at the join of each bulb. For the sake of variety a little silver ball could be placed on each of these. The birthday cake is now complete.

As you will see, by merely outlining and overpiping a white design with pink an altogether different effect is produced. Of course, should the sugar coating of the cake be in another colour, say, coffee, then the heavy decorations, borders, etc., must be piped in white or pale coffee, and overpiped with sugar of a deeper shade. One must use one's own discretion in choosing and using colours, remembering that all colours do not blend.

Turning again to Piping Illustration No. 2 you will see a specimen cake top piped in three stages; this shows the building up of a design. This is very similar to the cake just described. The section A shows the first outlining of a star, and the beginning of a scroll border for which tube No. 4 was used. In the section marked B you can see how the star is developing, while the border has been overpiped with a scroll, using tube No. 3. The first stage of outlining the border is also shown. C shows clearly the finished top. The star has been completed and the second row of outlining piped with tube No. 1. On the outer edge of each border scroll a fine string of little pear-shaped bulbs, piped with the tube No. 1, can be clearly seen, while at the joint of each scroll, outside the border, is a little leaf. This is formed by holding the bag (with tube No. 8) near the border, squeezing a little, and then releasing the pressure before taking the tube away. For the finishing touch a little sprig of heather, pointing inwards, is fixed at the joint of every other scroll.

**A WEDDING CAKE.**—The wedding-cake top shown in the lower picture is somewhat more advanced. First, as section A will show, a ring of scrollwork must be piped. Place a small saucer or circular card on the dried top, and, outside this, with tube No. 2, commence piping the scrolls as shown. If each spiral is kept a quarter of an inch away from the saucer all round, a perfect ring will result. Now remove the saucer and pipe in the four graduated dots. In the centre of the top, stick four silver leaves. Outline these, as shown, first with tube No. 1 and then with No. 2. Three little orange blossoms or a piped sugar rose completes the centre. To pipe the border, divide the cake top into eight sections. In each division, with the tube No. 5 pipe a long bulb swelling out in the middle. By shaking the hand the ripples will be formed, and by moving the tube slower the sugar will swell out. In between each of these pipe a round dot, then overpipe the long bulbs with two scrolls as shown in the illustration. Place a dot on each side of the spirals, and add a little plume at both ends of the scrolls. With the rose-petal tube No. 10 pipe three upstanding petals, having the join facing towards the centre of the cake. Next press a medium-sized dot on the point of these petals. Now pipe the outlining of the border, first with tube No. 2 and then with No. 1; keep your bag well raised while piping the straight lines. As you will see, the effect of these cake tops is produced by leaving a fair amount of clear space, and the straight outlining of the border in the lower picture neatly contrasts with the ring of scrolls.

**A FEW SUGGESTED DESIGNS.**—The side designs illustrated in Piping Illustration No. 1, Plate 2, will now be explained. No 1 is called a festoon pattern. To make this divide the cake side into six or eight sections, pipe the curved festoon (1A) with your No. 2 tube, and repeat this in each section round the cake. Next, with the same bag, pipe a rippled

string inside the first curve (*see* 1B) and add the bell cords. Now, with tube No. 1, press a row of graduated dots as shown, and then form the birds' heads. To do these pipe a ball, then, without stopping, keeping your tube at the same distance from the cake, raise your bag and after pressing another little dot, jerk it quickly away. This should form a half body, neck, and beak. Next pipe the wings. The outline of the bells must now be sketched and filled in. Overpipe the broad end with a ring and a dot; these represent the bell-mouth and hammer. Now with your tube No. 9 pipe a ribbon bow as illustrated. Lastly, a few small roses must be fixed to the festoon.

Design No. 2 is a scroll design which can be easily followed. Pipe all the main curves first, then add the little curves and plumes. Finally, pipe all the finishing touches and overpipe main scroll with dots.

No. 3 is a blend of the scroll and festoon pattern. The birds and festoons are piped in precisely the same way as before.

Design No. 4 is a simple one, which can be made to look very effective. The grapes are piped, first with an outline, and then built up completely with dots, while the leaves are formed with the leaf tube No. 8, as previously described. It must be remembered that when ornamenting the side of a cake, the tube must be held a very short distance away. By roughly sketching out the chief scrolls (1A, 2A, 3A, and 4A) a more accurate design is obtained. On these simple ground scrolls, many other patterns can be built.

**CRYSTALLIZED VIOLETS, ROSE-PETALS, AND FRUIT.**—It is often desirable to decorate cakes and gâteaux with crystallized violets, rose-petals, or fruit. To use these successfully a little care should be exercised. If the cake is iced in mauve or pale violet, a spray of violets in the form of a wreath round the name can be made very pretty. This should commence broad and should gradually narrow, curving into a

half circle. Here and there, inserted amongst the violets, should be little diamonds or spikes of angelica pointing up towards the narrow end of the spray. Another simple method of using crystallized violets or rose-petals is to stick eight very small groups of them in a circle at equal distances, just inside the border. Then have two little diamonds of angelica or peel, representing leaves, protruding from each group.

Glacé cherries or fruit may be obtained from any grocer, and with them innumerable designs and pleasing effects can be made. Cherries split into four quarters and fixed on gâteaux, with the points in the centre, look very neat if finished off with small leaves of angelica.

For ornamenting birthday cakes piped sugar flowers should not be forgotten. Sprays, bouquets, and garlands are very quickly formed with them. It is also possible, with the aid of a few flowers and a little pale green sugar for leaves and stalks, to decorate a cake entirely without extra piping.

HOW TO PIPE SUGAR FLOWERS.—In Piping Illustration No. 3 will be seen the various stages in piping a rose, pansy, sweet pea, narcissus, and a daisy. For these flowers a rosenail (*see* diagram, p. 163) must be used. This can be made with a thick slice of a cork through which has been inserted a long nail. Now take some waxed paper and after cutting this into one and a half inch squares, you are ready to proceed. To pipe a rose, place a piece of the waxed paper on the rosenail, sticking it with a very small spot of sugar. With the tube No. 3 in your right hand, and holding the nail in your left, press a pyramid of sugar about half an inch in height on to the paper. Next slide the paper square and the pyramid off the nail on to a board, and repeat this process until you have about a dozen pyramids. These should now be dried to give a firm foundation for the petals. To pipe flowers successfully and naturally, the royal icing must

be well beaten up. The sugar should stand up in a fine point when the spoon is lifted from the basin; this will then prevent the petals from running or drooping.

Now take your rose-petal tube No. 10, make a bag and fill it as previously described, having the narrow or sharp end of the tube uppermost. Place one of your dried sugar pyramids and paper in the centre of the rosenail, sticking it slightly. Hold the nail between the first finger and thumb of your left hand so that you may comfortably twirl it. Now, by resting the thick end of your tube on the paper square, pressing your bag and slowly turning the rosenail, proceed to pipe a long, thin-edged petal, curled tightly round the pyramid (Piping Illustration 3, No. 2). Next with the same tube pipe two petals each side of the rose centre (No. 3). Now shape three small petals round the centre (No. 4). When these are completed, pipe three larger petals, somewhat lower on the rose bud. By blowing these slightly it is possible to curl the outer leaves so as to form a realistic rose (No. 5).

The Pansy is formed with the same tube (No. 10). On a square of paper pipe a round petal as illustrated. By keeping the thick end of the tube on the paper and giving the bag a circular motion, this is easily accomplished. After two of these petals have been piped side by side, two very small ones must be formed underneath them. The next stages can be clearly seen in the illustration. Finally, when the pansies are quite dry, two little spots of green sugar must be piped in the centre, and a few streaks of violet made with a pen or fine brush. These flowers, when piped in different natural colours, can look very attractive.

The Sweet Pea is a very simple flower. With the same tube pipe two long-shaped petals side by side (No. 2) and overpipe them with two smaller ones. Next place a very small petal with a little green on the point in the middle, and the flower is complete.



For the Narcissus tube No. 9 must be used. Keeping the thick end of the tube touching the paper, the motion of the hand is first outward and then inward. Complete six petals like this, and when slightly dry, pinch the tips to produce the fine points. As soon as these are quite dry, pipe a ring of yellow sugar in the middle, and afterwards tint this with red. To finish the narcissus, press three very little dots of green in the centre.

The Daisy is piped in the same way as the narcissus, except that many more petals are required. These are narrower and longer. By twisting the nail and allowing each petal to overlap the previous one, a natural flower will result. When they are quite dry, pipe a bulb of yellow or pale green sugar in the centre ; this is then dipped in fine granulated sugar. There are many varieties of the daisy, and by piping them in different colours a good selection can be obtained.

The last row of flowers in Piping Illustration No. 3 are of the Violet and Forget-me-not type. These are formed with the special tube No. 12. The sugar cornet must be held quite upright, with the tube almost touching the paper square. Squeeze the bag and release the pressure suddenly before lifting the bag away. With the exception of pressing a little yellow dot in the centre, the flower is complete.

The very small roses used for fixing to the festoon in Piping Illustration No. 2, Plate 2, were piped in the same fashion as the large ones, but a smaller tube was used and only six petals were formed, instead of eight, that is, after the centre petal has been completed, pipe three small ones and then three more.

It is better to allow the flowers to become quite dry before fixing them on the cake, they are then more easily handled. With some maidenhair fern, a flower or two, and a little green sugar for stalks, the piper can easily form very natural sprays, while the number of patterns which may be produced are innumerable.



## CHAPTER IX

### SUGAR, TO CLARIFY AND BOIL

WELL-REFINED loaf sugar of the best quality does not require to be clarified.

Best quality cane sugar should be used. It should be highly crystallized and perfectly dry, close in texture, and hard to break.

#### TO CLARIFY LOAF SUGAR

Take 4 lb. of loaf sugar. Allow it to dissolve in 1 quart of water, then boil gently for a few minutes, and remove the scum. Then beat up the whites of 3 eggs, and mix them in the water before pouring it on the sugar, and add 4 oz. of charcoal powder. Boil up gently again for 2 or 3 minutes: when the syrup rises to the top of the pan, pour in a little water to prevent it running over, remove the scum, and strain through a flannel bag or blotting paper.

#### TO CLARIFY BROWN OR MOIST SUGAR

Take 6 lb. of moist sugar; dissolve it in 1 quart of water; boil gently for 1 minute after the sugar is dissolved, withdraw from the stove, remove the scum, and finish as for ordinary loaf sugar.

*Note.*—Remember that brown sugar does not require so much water as loaf sugar.

#### BOILING SUGAR

Although sugar may be boiled, and the degree approximately gauged by applying certain simple

tests, the process is greatly simplified by the use of a saccharometer.

The different degrees to which sugar is boiled are classed as follows :

I.	Small Thread	.	.	.	215° F.
II.	Large Thread	.	.	.	217° F.
III.	Small Pearl	.	.	.	220° F.
IV.	Large Pearl	.	.	.	222° F.
V.	Small Blow	.	.	.	230° F.
VI.	Large Blow or Feather	.	.	.	233° F.
VII.	Small Ball	.	.	.	237° F.
VIII.	Large Ball	.	.	.	247° F.
IX.	Small Crack	.	.	.	290° F.
X.	Large Crack	.	.	.	312° F.
XI.	Caramel	.	.	.	350° F.

### THE SMALL THREAD

Take 2 lb. of loaf sugar and 1 pint of water.

Dissolve the sugar in the water, bring to boiling-point, and remove the scum. Boil for a few minutes, then dip the tip of the forefinger into the syrup and apply it to the thumb. If, on immediately separating the finger and thumb, the syrup is drawn out into a fine thread which breaks at a short distance, the sugar is boiled to the SMALL THREAD (215° F.).

### THE LARGE THREAD

Boil the syrup a little longer, and apply the same test; if the thread can be drawn longer without breaking, the syrup is boiled to the LARGE THREAD (217° F.).

### THE SMALL PEARL

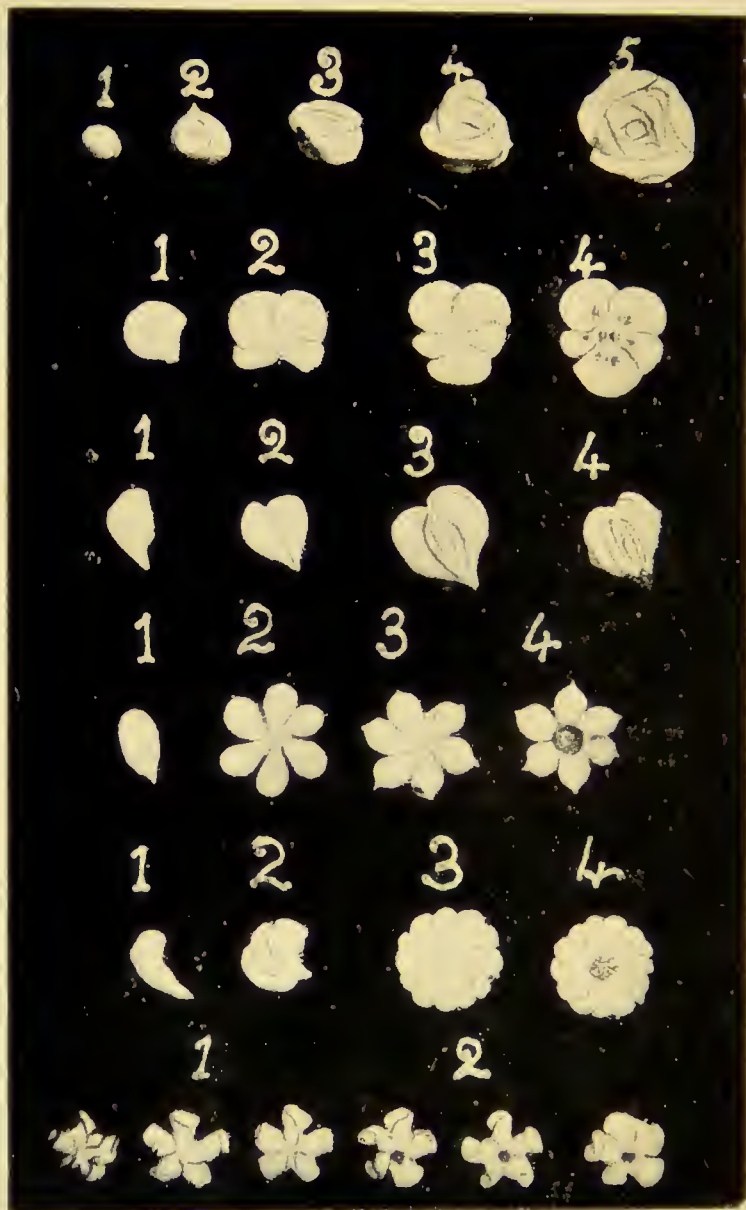
Continue the boiling for a few moments and proceed as before. When the thumb and forefinger may be separated to a little distance without breaking the thread, the sugar is boiled to the SMALL PEARL (220° F.).



1. Specimen Cake Top, Piped in Three Stages.



2. Wedding Cake Top in More Advanced Stage.



How to Pipe Sugar Flowers

## THE LARGE PEARL

After a little further boiling dip the forefinger in again, stretch the thumb and forefinger as far as possible, and if the thread remains unbroken the sugar has been boiled to the LARGE PEARL (222° F.).

## THE SMALL BLOW

Boil a little longer, then take a skimmer, dip it into the syrup, drain it well over the pan, and blow through the holes. If small bubbles appear on the other side of the skimmer, the sugar is boiled to the SMALL BLOW (230° F.).

## THE LARGE BLOW OR FEATHER

After a moment's further boiling repeat the test, and when the bubbles appear in much larger quantities and fly off the skimmer when shaken, like small feathers or down, the sugar is boiled to the LARGE BLOW (233° F.).

## THE SMALL BALL

Now dip the forefinger into a basin of cold water, then dip it into the sugar, and again quickly into the water. When the sugar can be rolled between the thumb and forefinger into a SMALL BALL it has reached the stage known by that name (237° F.).

## THE LARGE BALL

Continue the boiling and proceed as before ; as soon as the sugar can be formed into a larger and harder ball, it is boiled to the LARGE BALL (247° F.).

## THE SMALL OR SOFT CRACK

Boil for a little longer, then dip in the forefinger, and if the sugar adhering to it breaks with a slight noise, and sticks to the teeth when bitten, it is boiled to the SMALL CRACK (290° F.).

## THE LARGE OR HARD CRACK

Boil a little longer, dip the forefinger into cold water, then into the sugar, and again quickly into the water. If the sugar breaks short and brittle, and does not stick to the teeth when bitten, it is boiled to the LARGE CRACK (312° F.).

## THE CARAMEL

If the boiling is prolonged beyond this stage, the sugar soon begins to acquire a little colour, which gradually deepens until brown, and finally black, burnt sugar is obtained.



## CHAPTER X

### AROMATIC AND COLOURED SUGARS

#### AROMATIC SUGARS

(For Flavouring Pastry, Cakes, and Sweetmeats)

##### ANISEED SUGAR

Dry 1 oz. of aniseed in the oven ; when perfectly dry put in a mortar and pound with 6 oz. of sugar. When very fine pass through a sieve, and keep in a covered box for use.

##### CINNAMON SUGAR

Take 1 oz. of the best cinnamon, pound it in a mortar with 6 oz. of loaf sugar until it is a fine powder, then keep in a covered box for use.

##### LEMON PEEL SUGAR

This is made in the same way as Orange Peel Sugar.

##### NUTMEG SUGAR

Take a nutmeg and grate it to a fine powder, then mix it with 4 oz. of castor sugar, and keep it in a covered box for use.

##### ORANGE PEEL SUGAR

Procure 2 or 3 fine oranges, scrape them with pieces of loaf sugar, then scrape the coloured parts of the sugar on a paper and dry it in a stove ; when dry, pound in a mortar to a fine powder, and keep in a box for use.

## VANILLA SUGAR

Take a vanilla pod, and cut up into small pieces, put them into a mortar, and add 6 oz. of lump sugar. Pound the whole to a fine powder, pass through a sieve, and keep in a well-covered tin.

## COLOURED SUGAR

(For Decorating Fancy Pastry and Biscuits)

## CHOCOLATE SUGAR

Mix some melted cocoa or chocolate with the sugar, and finish as for Red Sugar.

## COFFEE SUGAR

Take some essence of coffee for the colouring, and finish as for Red Sugar.

## GREEN SUGAR

Mix the sugar with some vegetable-green colouring and proceed as for Red Sugar.

## RED SUGAR

Put 1 lb. of white granulated sugar on a marble slab, pour a few drops of cochineal over it, then rub it well into the sugar with the hands until the colour is evenly distributed. Put the sugar on a tray, dry it in the oven, and keep it in a covered tin or box ready for use.

## YELLOW SUGAR

Proceed as in preparing Red Sugar, using a few drops of saffron-yellow colouring instead of cochineal.

*Note.*—See also COLOURING FOR CONFECTIONERY, p. 126

## CHAPTER XI

### ICINGS AND FILLINGS

#### ALMOND CREAM

Take 1 lb. of ground almonds,  $\frac{1}{2}$  lb. of sugar, 1 oz. of flour,  $\frac{1}{2}$  pint of milk, 1 yolk of egg, and a little vanilla essence.

Mix the ground almonds with 4 oz. of castor sugar ; when fine enough pass through a sieve. Then make a cream with 4 oz. of sugar, milk, and flour (sifted). Cook for 10 minutes ; add the yolk of egg and a few drops of vanilla essence. When the mixture is sufficiently creamy, incorporate the almond paste and use for filling.

#### ALMOND ICING FOR CAKES

To 1 lb. of castor sugar allow  $\frac{3}{4}$  lb. of ground sweet almonds, 2 or 3 eggs, and a little rose or orange-flower water.

Weigh the castor sugar and ground almonds into a clean basin, and mix them well together ; make a hole in the centre, break in the 2 eggs, add a little rose-water, and wet up into a firm paste, using another egg if necessary. Turn the mixture out of the pan on to the board, dusting it over with sugar to prevent it from sticking, then roll it out with a rolling-pin to the size of the cake, place it on top and press smooth with the hand.

#### ALMOND PASTE

Take 4 oz. of ground almonds, 6 oz. of loaf sugar, 1 white of egg, and a teaspoonful of lemon-juice

Put the sugar, with 1 tablespoonful of water and a teaspoonful of lemon-juice, into a stewpan, bring to the boil, skim well, and boil to the "small ball" degree. Pour the syrup on to the ground almonds, add about  $\frac{1}{2}$  the white of egg, mix well together, and use as required.

### CHOCOLATE CREAM

Take 4 oz. of chocolate, 1 pint of milk,  $\frac{3}{4}$  oz. of sheet gelatine, 3 oz. of castor sugar, and 1 pint of fresh whipped cream. Melt the chocolate in a saucepan with the warm milk, then add the gelatine and sugar. When it has dissolved, pass it through a hair sieve into a basin, put on ice, and stir until it thickens. Have ready the whipped cream, and mix it in by degrees. Pour into a mould, and place on ice until ready for serving.

### CHOCOLATE FONDANT ICING

Proceed as for Coffee Icing, adding some chocolate powder in place of the coffee essence.

### CHOCOLATE ICING, BOILED

Take  $\frac{1}{2}$  lb. of best cane sugar, let it dissolve in a gill of water, boil it to the "blow" or "feather" degree, then pour it into an earthenware pan, with 2 oz. of best cocoa powder; stir it with a wooden spoon until it is on the point of icing, taking care to get it perfectly smooth.

### COFFEE BUTTER

Take  $\frac{1}{4}$  lb. of fresh butter,  $\frac{1}{4}$  lb. of castor sugar, 1 yolk of egg, and a little coffee essence.

Cream the sugar and yolk of egg for about 10 minutes, add coffee essence to taste, and the softened butter gradually. Work until thoroughly mixed and smooth, let it remain on ice until firm, stir again, then use for decorating, by means of a paper cornet, or bag and forcer.

## COFFEE CREAM

Take 4 oz. of castor sugar, the yolks of 6 eggs,  $\frac{1}{2}$  a pint of good coffee,  $\frac{3}{4}$  oz. of sheet gelatine, and  $\frac{1}{2}$  a pint of whipped cream. Mix the sugar with the yolks, then add the gelatine and the hot coffee. Put it over a gentle fire until it boils. Remove and strain through a hair sieve, and finish as for Chocolate Cream.

## COFFEE FONDANT ICING

Proceed as for Vanilla Icing, adding some essence of coffee instead of vanilla.

## COFFEE ICING

Take 1 lb. of icing sugar or fine castor sugar, 1 gill of cold water, and 1 dessertspoonful of coffee essence.

Put the sugar and water into a stewpan, stir by the side of the fire until it reaches boiling-point, and simmer for 4 or 5 minutes. Pour the syrup into a basin, add the coffee essence, and stir until the icing becomes less transparent as it cools. If used before it reaches this point it will have a dull appearance.

## CONFECTIONER'S CUSTARD

Take 4 yolks of eggs,  $1\frac{1}{2}$  pints of milk, 4 oz. of castor sugar,  $\frac{1}{2}$  oz. of potato flour, 3 sheets of leaf gelatine, and a little flavouring essence.

Mix the potato flour smoothly with a little milk, boil the remainder, add the sugar and blended potato flour, boil for 2 minutes, then pour over the beaten yolks of eggs, stirring meanwhile. Return to the stewpan and stir by the side of the fire until the mixture thickens, then add the gelatine, previously dissolved in 1 tablespoonful of water, and the flavouring essence, and use as required.

## CUSTARD CREAM, NO. 1, FRENCH

Take 4 oz. of castor sugar, 2 oz. of fine flour, 6 eggs, 2 oz. of melted butter, and a quart of milk.

Break the eggs into a basin, add the sugar and flour, and mix well together into a smooth paste. Stir in the melted butter, and the milk, and the cream is ready for use.

#### CUSTARD CREAM, NO. 2, ORDINARY

Take 2 oz. of flour, 4 oz. of castor sugar, 3 or 4 eggs, a good gill of orange-flower water, and a quart of milk.

Mix the ingredients, and finish the dish as for the preceding custard.

#### CUSTARD FILLING FOR ÉCLAIRS

Take 4 oz. of sugar, 4 yolks, 1 dessertspoonful of fine flour, and 1 pint of milk.

Boil the milk, and mix the sugar, eggs, and flour with a whisk, in a saucepan, to a smooth paste: then stir in gently the boiling milk. Next put over a slow fire and stir until it becomes thick; then pour it into an earthenware pan. When cold, add flavouring according to fancy.

This cream serves to garnish éclairs, choux, and other fancy pastry.

#### CUSTARD FILLING FOR CHOCOLATE ÉCLAIRS

Prepare, mix and finish according to the preceding cream, adding 3 oz. of grated chocolate.

#### CUSTARD FILLING FOR COFFEE ÉCLAIRS

Prepare the same as before, adding a little essence of coffee.

#### CUSTARD FILLING FOR TARTLETS

Take 8 oz. of sifted flour, 2 oz. of butter, 4 oz. of castor sugar, 3 or 4 eggs, 1½ pints of milk, and a pinch of salt.

Boil the milk, break the eggs into a basin, adding the flour and salt. Mix up into a smooth paste. Pour in the boiling milk slowly, put it over a slow fire, and stir well until it becomes thick. Remove



and pour into an earthenware pan. Lastly, add the sugar and butter, and a few chopped sweet almonds.

#### FILLING FOR SAINT HONORÉ, CHARLOTTE-RUSSE, BAVAROISE, ETC.

Take 4 oz. of castor sugar, 1 pint of milk, the whites of 2 eggs, and the yolks of 4, 1 oz. of vanilla sugar, and  $\frac{3}{4}$  oz. of the best sheet gelatine.

Boil the milk, mix the sugar and eggs with a whisk in a basin, add the gelatine, then gently stir in the boiling milk. Put it over a slow fire, and stir until it commences to boil. Strain through a hair sieve into a basin.

#### FONDANT ICING

Take 2 lb. of best cane loaf sugar, let it dissolve in  $\frac{1}{2}$  pint of water, and boil it to the "small ball" degree, and add a pinch of cream of tartar. Skim carefully while boiling. Pour on to a wet marble slab when it is nearly cold, work it with a spatula until it sets, then work it with the ball of your hand, just as you would in making short-crust. When it is white and perfectly smooth, put it into an earthenware pan for use, for icing fancy pastry-cakes, biscuits, etc.

#### MOKA CREAM FOR PIPING TARTLETS AND SWEET DISHES

Take 4 oz. of best butter, 2 oz. of fine castor sugar, and a little essence of coffee.

Put the butter into a basin, and beat it to a cream. Add the sugar, and the essence of coffee, and mix all well together until it becomes light and smooth.

#### MOKA CUSTARD FOR FILLING ÉCLAIRS

Take 1 gill of milk, 1 oz. of loaf sugar,  $\frac{1}{2}$  oz. of corn-flour,  $\frac{1}{2}$  oz. of fresh butter, 1 egg, 1 teaspoonful of coffee essence, and a few drops of vanilla essence.

Put the milk and sugar in a stewpan to boil. Mix the cornflour with a little cold milk, pour the boiling

milk on this, mix thoroughly, return to the stewpan, and let it boil for a few minutes, add the flavouring essences and the butter, stir in the egg, continue to stir until the mixture boils, pour it in a basin, and let it cool.

### ORANGE ICING

Take 6 oz. of icing sugar and the juice of 1 orange.

Put the sugar and orange-juice into a small stewpan, stir until well mixed and smooth, and pour an equal portion over the top of each tartlet.

### PISTACHIO FONDANT ICING

Proceed as for Vanilla Icing, adding some green colouring to give a pistachio-nut tint, and any preferred flavouring.

### PITHIVIERS CREAM FOR TARTLETS

Take 4 oz. of blanched sweet almonds, 4 oz. of castor sugar, 4 oz. of best butter, 3 eggs, and 1 gill of best rum.

Pound the almonds in a mortar to a fine paste, and add the eggs, one at a time. Add the sugar and butter, and beat the paste until it becomes light and smooth like a cream. Stir in the rum, and keep the mixture in an earthenware pan ready for use.

### RASPBERRY FONDANT ICING

Proceed as for Vanilla Fondant Icing, substituting instead some raspberry flavouring, and a little cochineal to give the required tint.

### ROYAL ICING

Take  $\frac{1}{2}$  lb. of icing sugar, 1 teaspoonful of lemon-juice, and 1 white of egg.

Put the white of egg into a basin, add the sugar gradually and work well with a wooden spoon. When

the preparation presents a smooth, white, brilliant appearance, add the lemon-juice, and use as required.

### SUGAR ICING FOR CAKES

To every lb. of loaf sugar allow the whites of 4 eggs and 1 oz. of fine starch.

Beat the eggs to a stiff froth, and gradually sift in the sugar, which should be reduced to the finest possible powder, and gradually add the starch, also finely powdered. Beat the mixture well until the starch is smooth; then with a spoon or broad knife lay the icing equally over the cakes. These should then be placed in a very cool oven and the icing allowed to dry and harden, but not to colour. The icing may be coloured with strawberry or currant juice, or with prepared cochineal. If it be put on the cakes as soon as they are withdrawn from the oven, the icing will become firm and hard by the time the cakes are cold. On very rich cakes, such as wedding, christening cakes, etc., a layer of almond icing is usually spread over the top, and over that the white icing as described. All iced cakes should be kept in a very dry place.

### SYRUP, ALMOND

Take 1 lb. of sweet almonds, and 4 oz. of bitter almonds, blanch, and wash them in clean water. Put them into a mortar and pound finely. Add the juice of 2 lemons, 1 oz. of gum arabic, and  $\frac{1}{2}$  pint of water. When the almonds are reduced to a fine paste, add another  $\frac{1}{2}$  pint of water, then pass through a sieve into a clean basin, and add 2 lb. of the best cane sugar. Boil the syrup for a few minutes after the sugar is dissolved, withdraw from the fire, and remove the scum. Stir the syrup until cold, strain through a jelly-bag, and add a little orange-flower water, then bottle and tie down.

## TRANSPARENT ICING

Take 1 lb. of loaf sugar and  $\frac{1}{2}$  gill of warm water.

Put the sugar and water into a sugar-boiler or stew-pan, let it dissolve, then bring to the boil and simmer for about 5 minutes, or until a thick syrup is formed ( $230^{\circ}$  F. on a saccharometer). Pour into a basin, stir until almost cold and setting, then use as required.

## VANILLA FONDANT ICING

Take some plain fondant in a pan, add a little vanilla and some plain syrup. Place the pan in boiling water, and stir until the fondant is lukewarm and has reached the icing point. Dip in the fancy cakes or pastry with the point of a penknife or fork.

## WATER ICING FOR PASTRY

Put 1 lb. of icing or castor sugar into a basin. Add 1 gill of water and mix well together. Flavour as preferred.

*See also* Chapters on AROMATIC AND COLOURED SUGARS, and SUGAR, TO BOIL AND CLARIFY.

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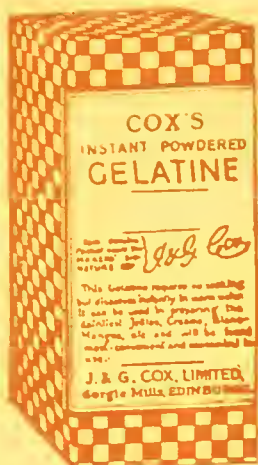
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